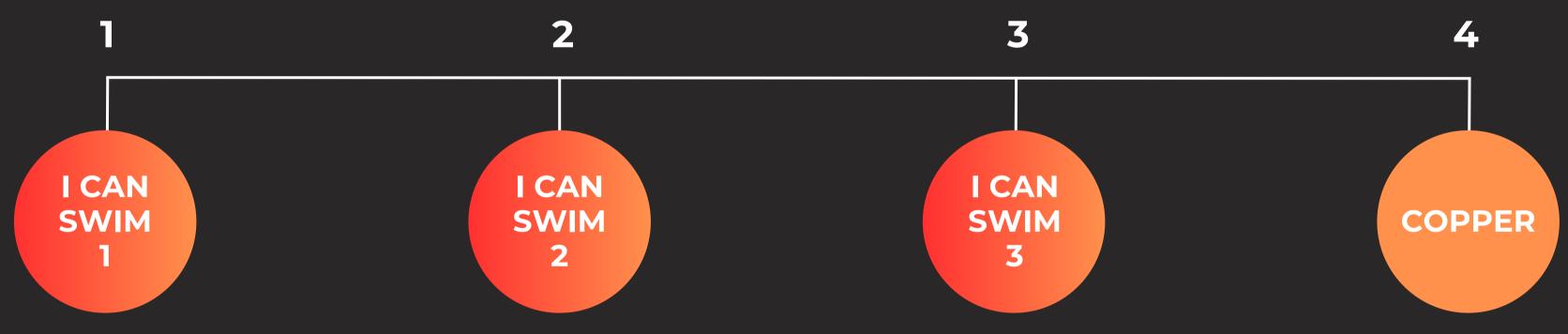
LONG TERM ATHLETE DEVELOPMENT







2 x 45 minute practices 3 x 12 week sessions

WILL BE OFFERED IN THE FUTURE!

Swimmers 7-10 yrs 2 x 45 minute practices 3 x 12 week sessions Pre-competitive Swimmers 8-11 yrs 2 x 45 minute practices 3 x 12 week sessions Pre-competitive Swimmers 9-13 yrs 3 x 60 minute practices September to May

LONG TERM ATHLETE DEVELOPMENT





