

Adult & Teen Conditioning Swim Club

Join us for an organized morning swim!

Looking to add structure and variety to your workouts? This program will focus on developing technique, timing, and endurance in a coached setting. Great for triathletes!

Tuesdays 9:00 - 10:15 AM

or

Thursdays 6:00 - 7:15 AM

\$20 (Dist) / \$25 (Non-Dist)

Fees paid monthly

Ages 14+

Participants should be comfortable swimming at least 100 yards freestyle without stopping/resting.

For more information, email ryanbai@aprd.org or call 303 269-8410



trailsrecreationcenter.org

