



Sea Devil Swimming

Summer Prep

Conditioning Sessions

at South Run RECcenter

March 1 - May 21

Session 1: Conditioning Prep: MWF 3:30-4:30 - \$540

Session 2: Summer Prep: Weds 6:00 - 7:00AM \$245

*no practices 3/29 - 4/2 (Spring Break)

Coaches: Peter McDonough (1) & Lori Pawlik (2)

Registration at www.seadevils.org

Session 1 is open to strong average to better swimmers ages 11 & up who can follow a workout format.

Session 2 is open to average swimmers (able to swim 25 yd. freestyle with breathing) ages 9 & up who need some instruction but who also like a workout format.

Participation does not include meets.

