

SWIM CONDITIONING



MEADOWMONT
MON & WED
6:30-7:30 AM

NORTHWEST CARY
TUES & THURS
6:30-7:30 AM
WEDNESDAYS
7:30-8:30 PM



Swim Conditioning is a coach led session covering 1800-3400 yards in the hour. Workouts will feature a variety of intervals, longer swims, drills, pulls and multi-strokes designed to improve technique and fitness. Stroke technique is observed via poolside coaching to help swimmers become more efficient and improve their stroke. Ideal for triathletes, competitive swimmers and fitness swimmers of all levels. **Participants must be at least 13 years old.**

FREE for members only
For more information contact
Matt Stout @ 984-974-2581

 **UNC**
HEALTH CARE
WELLNESS CENTERS