ADVANCED COMPETITIVE SWIM

WINTER Dec 1 - Feb 28th, 2027

LCN Pool located at 27000 21 Mile Rd, Macomb

Cost $175 x 3 payments - Total $525

We will be concentrating on improving technique and endurance for the next swim season. We will also be incorporating dry land training (strength training) into the workouts.

Practices this year will be split between 3 groups this year. Those swimmers who need additional yardage as well as technique work should attend the 2-hour practices (12 & over). Those swimmers who have had limited competitive experience and need more technique work should attend the 1.5-hour practices (14 & younger). Those just beginning their competitive career or are younger than 10 years of age should attend the 1-hour practice.

1 Hour Practice times: 6 - 7pm
1.5 Hours Practice times: 6 - 7:30pm
2 Hours Practice times: 6 - 8pm

Practice Scedule: www.mostswim.com



Questions: Contact Coach Mike: 586-855-3119

Scan QR or go to: www.lc-ps.ce.eleyo.com 586-783-6330