

# Seascope Sports Club Non-Competitive Swim Team

Swim Team workout emphasize swimming for fitness while providing individual attention, instruction and assistance to aid in streamlining each individual's stroke. All ages welcome to join.

Participants should be comfortable swimming 25 yards of each stroke. We work on improving all strokes with drills and overall conditioning. Participants will learn how to use a pace clock, how to check target heart rate and will receive information on nutrition for athletes.

Level 4 graduates are encouraged to join Swim Team

**Swim Team Workout days/times**  
**Tuesday/Thursday 5:00 - 6:00 p.m.**  
**& Saturday 10:00 - 11:00 a.m.**

Exact session dates are listed on the Program for that Season.

**Monthly fee:**  
**\$100 Member - \$110 Non-Member**

Drop-in's welcome \$20/workout Member or Non-Member.  
Late starts will be prorated at \$10/per workout remaining in Session

**Call Seascope Sports Club  
to register for Swim Team  
(831) 688 -1993**

**Call Tiffany Harmon for any questions or to inquire  
about additional programming at (831) 476-7946**

[www.SeascopeSportsClub.com](http://www.SeascopeSportsClub.com) • [www.SeahorseSwimSchool.com](http://www.SeahorseSwimSchool.com)