

Youth Workout

This program is designed to build speed and endurance while using learned swimming skills. Learn to use racing starts, competitive swimming turns and how to read a time clock while swimming prepared, coached workouts designed to build strength and endurance.

Participants must be capable of swimming 100 yards continually using two strokes with efficient skill. If you are preparing for summer league, USA swim team, Lifeguarding, a triathlon, or exercising for weight control, this program for you! Placement may be based on swimming ability and appropriate swimming speed. This is not a Learn to swim program or a swim team. Enrollments limit -10.

Age 6-up

Tue/Thu 6:30-7:30pm

Sep – Register Aug 20-30

Oct – Register Sep 17-27

Nov – Register Oct 22-30

Dec – Register Nov 19-29

Res \$45 Non-res \$57 per month

Register at Aquatic Center

Educational pool



Conroe Aquatic Center
1205 Candy Cane Lane
Conroe, TX 77301
(936) 522-3930



<http://www.cityofconroe.org/departments/parks-recreation>