

Swim Team Ages 7-14

Swim Team is a year round competitive program. This program will compete at a high level, working on technique and conditioning. It is designed for those who want to compete and improve their technique and their times. Swimmers will be coached and pushed to reach their full potential. Swim team members will compete in the Salt Lake Swim League.

Practice Times - Monday - Thursday 6:00 - 7:30pm Friday 5:30 - 6:30pm

Offered Quarterly-Sept – Nov; Dec – Feb; Mar – May

Cost \$325 Per Quarter (discount of \$25 offered for additional family members)

\$75 non-member surcharge per quarter/ \$25 each additional family member.
Register at the Life Centre Front Desk 9844 South 1300 East Sandy, UT 801-571-7200

Swim Club Ages 6-12

Swim Club is a program designed for kids who would like to learn and improve their swimming abilities. The kids will learn the fundamentals of all four swim strokes in a supportive and encouraging environment.

Practice Times-Monday - Thursday 5:30 - 6:30pm

Offered Quarterly-Sept – Nov; Dec – Feb; Mar – May

Cost-\$275 Per Quarter (discount of \$25 offered for additional family members)

\$75 non-member surcharge per quarter/ \$25 each additional family member.
Register at the Life Centre Front Desk 9844 South 1300 East Sandy, Utah 801-571-7200

Program Directed by Head Coach John Moran Juan Diego Catholic High School 801-699-6751