



SWIM CONDITIONING

FALL 2026 Starting August 17

Group 1: T, Th, F - \$60 M/\$84 NM per month

Group 2: M, W, F, Sat - \$70 M/\$94 NM per month

Group 3: M-Sat - \$80 M/\$104 NM per month

Practice Schedule:

M/W - 6:00-7:00 pm

T/Th/F - 4:15-5:15 pm

Sat - 9:00-10:00 am

Group 1

Requirements

-swim a 25 free and 25 back without stopping

Practice Recommendation

-2 practices per week

Equipment Requirements

-goggles, swim cap

Goals

- Be able to swim all 4 strokes legally
- Know how to do a start
- Learn how to do turns
- Learn basic terminology
- Learn lane etiquette

Group 2

Requirements

- knowledge of all 4 strokes
- swim a 100 free, 100 IM without stopping
- demonstrate goals from Group 1

Practice Recommendation

-3 practices per week

Equipment Requirements

- goggles, swim cap
- kickboard

Goals

- Develop better conditioning & continuous swimming
- Strong ability in all strokes
- Learn clock reading skills
- Strong diving skills
- Flip turns

Group 3

Requirements

- swim 300 yards without stopping (100 swim, kick, IM)
- swim 200 IM without stopping

Practice Recommendation

-3-4 practices per week

Equipment Requirements

- goggles, swim cap
- mesh bag with: kickboard, pull buoy, fins

Goals

- Build endurance while developing consistent, effective practice habits
- Having fun while working hard
- Strong technical understanding of all strokes, IM, starts, turns
- Ability to read a pace clock

Questions? Contact Aquatics Director, Alyssa Woodyard at alyssa_woodyard@parisrec.org

