

Northampton KIDS Swim Club

SPRING



SWIM

MIDDLE SCHOOL/HIGH SCHOOL SESSION

This is a competitive swim training program for Middle School and High School aged swimmers.

Have you ever thought about trying the sport of swimming?

Do you want to stay in shape during your off-season?

Do you want to get ready for the KIDS Summer Swim Team?

If so, this program is for you! Join us for this practice and conditioning session.

Tune up your technique or learn the basics.

SESSION DATES: APRIL 7 – MAY 1, 2025

PRACTICE

MONDAY, TUESDAY, WEDNESDAY & THURSDAY

4:30 – 6:00PM

SWIM MEET (with our Swim For Your School group)

THURSDAY, MAY 1st

Warm-up at 5pm; Meet starts at 5:30pm

**\$180 for
the session**

No competitive swimming experience necessary but swimmers
MUST be able to swim the length of the pool (25 yards) unassisted.

Participants need a swimsuit (jammers for boys, one piece suit for girls), swim cap, goggles, towel & water.

Registration is open until March 24th

Go to www.NorthamptonSwim.com

QUESTIONS: Email NorthamptonSBC@gmail.com



This program is NOT sponsored by nor affiliated with the Northampton Area School District.