COOPER CITY RECREATION

CYCLONES SWIM TRAINING AND PRACTICE GROUPS

Cyclones Swim Training and Practice Groups will provide:

- An introduction to swimming and conditioning for fitness and competition
- A good foundation of technique instruction in a fun atmosphere
- Training skills, how to swim in a group, and practice components
- Technique refinement and drills for the four competitive strokes
- Dives, starts, turns, and finishes for racing competitively
- Professional, experienced USA Swimming Certified Coaches

TIME: 6:30 - 7:30 p.m.
DAYS: Monday - Thursday (suggested attendance is three days a week)
AGE: 6 to 12 years
COST: $60.00 Month
PRE-REQUISITE SKILLS: Good foundation in freestyle and backstroke, knowledge of breaststroke and butterfly.
REQUIRED EQUIPMENT: Goggles (clear for evening swimming), fitted Lycra swimsuit, cap for long hair, and long bladed swim fins (not dive fins).

COOPER CITY
Someplace Special

For more information, call
Cooper City Aquatics
954.436.7300, #400

CYCLONES