

MOMENTUM SWIM CONDITIONING @ NCC -

Registration Opens Aug. 4th, 2026

2026 FALL SESSION 1

Open to **ADVANCED Swimmers** with swim team experience.

- At least 10 years of age and older (exceptions can be made if 9 year olds have 50 free time faster than :40)
- Swimmers can swim all 4 strokes legally.
- Swimmer is able to swim 1000 yards in an hour

6 Weeks - 3 DAY OPTION

September 15th - October 22nd, 2026

Tues/Wed/Thurs - 5:00 PM - 6:00 PM

Cost: \$310

Tuesday/Thursday Practice Times - Wednesday Practice Time
5:00 - 6:00 PM 5:00 - 6:00 pm

6 Weeks - 2 DAY OPTION

Tues/Thursday Sept. 15th - Oct. 22nd, 2026

Tuesday/Thursday Practice Times
5:00 - 6:00 PM

Cost: \$280

6 Weeks - 1 DAY OPTION

Wednesday ONLY (Sept. 16th - Oct. 21st, 2026)

Wednesday Practice Times
5:00 - 6:00 PM

Cost: \$180