2027 WINTER SESSION #3

MOMENTUM SWIM CONDITIONING @ NCC -

Registration Opens Tuesday December 1st, 2026

2027 WINTER SESSION 3

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

- **At least 9 years of age and older**
- **Swimmers have knowledge of 4 strokes**
- **Swimmer is able to swim 50 yards on their own**

6 Weeks - WINTER Session
JANUARY 11th - FEBRUARY 19th, 2027

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
Mon/Wed/Fri	**Tues/Thurs**	**Wed/Friday**	**Monday ONLY**
Cost: $310	Cost: $280	Cost: $280	Cost: $180
Practice Time 5:00-6:00 PM **Begins** MondayJan.11th through Friday Feb. 19th ***NO PRACTICE*** **Mon. Jan. 18th - *MLK***	**Practice Time** 5:00-6:00 PM **Practice Begins** Tuesday Jan.12th Through Thursday Feb.18th	**Practice Time** 5:00-6:00 PM **Practice Begins** Wed. Jan. 13th Through Friday Feb. 19th	**Practice Time** 5:00-6:00 PM **Practice Begins** Monday Jan. 11th Through Monday Feb.15th ***NO PRACTICE*** **Monday Jan. 18th - *MLK***

New This Year: We will be adding 10 Extra Spots for WEDNESDAY ONLY: January 13th, 20th, 27th, February 3rd, 10th and 17th and 10 Extra Spots for FRIDAY ONLY: January 15th, 22nd, 29th, February 5th, 12th and 19th 2027 - Cost: $210. For those swimmers who can only make 1 day a week.

2027 WINTER SESSION #3

MOMENTUM SWIM CONDITIONING @ Central Park

Registration Opens Tuesday December 1st, 2026

2027 WINTER SESSION 3

This group includes 7- 8 Year Old swimmers with swim team experience.

- **Swimmers MUST be able to swim across the pool with NO help.**
- **6 year olds will be able to swim with this group ONLY IF they swam competitively in the summer Championship meets.**

6 Weeks - WINTER Session
JANUARY 11th - FEBRUARY 19th, 2027

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
Mon/Wed/Fri	**Tues/Thurs**	**Wed/Fri**	**Monday**
Cost: $310	**Cost:** $280	**Cost:** $280	**Cost:** $180
Practice Time 3:45pm - 4:45pm	**Practice Time** 3:45pm - 4:45pm	**Practice Time** 3:45pm - 4:45pm	**Practice Time** 3:45pm - 4:45pm
Begins Mon. Jan.11th through Friday Feb.19th ***NO PRACTICE*** **Mon. Jan. 18th - *MLK***	**Practice Begins** Tuesday Jan.12th Through Thurs. Feb.18th	**Practice Begins** Wed. Jan. 13th Through Friday Feb. 19th	**Monday Practice** ~January 11th ***NO PRACTICE*** **Mon. Jan. 18th - *MLK*** ~January 25th ~February 1st ~February 8th ~February 15th

New This Year:

We will be adding 6 Extra Spots for WEDNESDAY ONLY: January 13th, 20th, 27th, February 3rd, 10th and 17th and 6 Extra Spots for FRIDAY ONLY: January 15th, 22nd, 29th, February 5th, 12th and 19th 2027 - Cost: $210. For those swimmers who can only make 1 day a week.