

MOMENTUM SWIM CONDITIONING @ NCC -

Registration Opens Saturday November 15th, 2025

2026 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 12th - FEBRUARY 20th, 2026

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<u>Mon/Wed/Fri</u>	<u>Tues/Thurs</u>	<u>Wed/Friday</u>	<u>Monday ONLY</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<u>Practice Time</u> 5:00-6:00 PM <u>Begins</u> Monday Jan. 12th through Friday Feb. 20	<u>Practice Time</u> 5:00-6:00 PM <u>Practice Begins</u> Tuesday Jan. 13th Through Thursday Feb. 19th	<u>Practice Time</u> 5:00-6:00 PM <u>Practice Begins</u> Wed. Jan. 14th Through Friday Feb. 20th	<u>Practice Time</u> 5:00-6:00 PM <u>Practice Begins</u> Monday Jan. 12th Through Monday Feb. 16th * <u>NO PRACTICE</u> * Jan. 19th - *MLK*

MOMENTUM SWIM CONDITIONING @ Central Park

Registration Opens Saturday November 15th, 2025

2026 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 12th - FEBRUARY 20th, 2026

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<u>Mon/Wed/Fri</u>	<u>Tues/Thurs</u>	<u>Wed/Fri</u>	<u>Monday</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm
<u>Begins</u> January 12th - February 20th <u>*Central Park*</u> NO PRACTICE - MON. JAN. 19TH MLK HOLIDAY	<u>Practice Begins</u> Tues. Jan. 13th Through Thu February 19th	<u>Practice Begins</u> Wed. January 14th Through Friday Feb. 20th	<u>Monday Practice</u> ~January 12th ~January 26th ~February 2nd ~February 9th ~February 16th