

9 & OLDER FALL 2 REGISTRATION INFO.
MOMENTUM SWIM CONDITIONING @ NCC -
Registration Opens Tuesday September 1st, 2026

2026 FALL SESSION 2

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 - Fall Session #2
November 2nd - December 11th, 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 ONLY</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<u>Practice Time</u> <u>Mon/Wed/Fri</u> 5-6 PM	<u>Practice Time</u> <u>Tues/Thursday</u> 5-6 PM	<u>Practice Time</u> <u>Wed/Friday</u> 5-6 PM	<u>Practice Time</u> <u>Monday</u> 5-6 PM
<u>*NO PRACTICE*</u> Thanksgiving Wed/Friday Nov. 25th-27th	<u>*NO PRACTICE*</u> Thanksgiving Thursday Nov. 26th	<u>*NO PRACTICE*</u> Thanksgiving Holiday Wed/Fri Nov. 25th/27th	<u>Practice Mondays</u> Nov. 2nd, 9th, 16th, 23rd, 30th Dec. 7th.
<u>Begins</u> Nov.2 - Dec.11	<u>Practice Begins</u> Nov.3 - Dec.10	<u>Practice Begins</u> Nov.4 - Dec.11	<u>Practice Begins</u> Nov. 2 - Dec. 7

8 & U - FALL 2 Central Park

MOMENTUM SWIM CONDITIONING @ Central Park
Registration Opens Tuesday September 1st, 2026

2026 FALL SESSION 2

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

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

6 Weeks - Fall Session
November 2nd - December 11th, 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>NO PRACTICE</u> Thanksgiving Wed/Friday Nov. 25th-27th	*<u>NO PRACTICE</u>* Thanksgiving Thursday Nov. 26th	*<u>NO PRACTICE</u>* Thanksgiving Holiday Wed/Fri Nov. 25th/27th	<u>Practice Mondays</u> <u>Nov.</u> 2nd, 9th, 16th, 23rd, 30th <u>Dec.</u> 7th.
<u>Begins</u> Nov.2 - Dec.11	<u>Practice Begins</u> Nov.3 - Dec.10	<u>Practice Begins</u> Nov.4 - Dec.11	<u>Practice Begins</u> Nov. 2 - Dec. 7