

2022 Conditioning Schedule

Tuesday, February 15th- Aquatic Center 4-5pm (run/stairs)

Wednesday, February 16th- Aquatic Center 4-5pm (swim)

Thursday, February 17th- HS Aux Gym 4-5pm (resistance bands)

Tuesday, February 22nd- Aquatic Center 4-5pm (run/stairs)

Wednesday, February 23rd- Aquatic Center 4-5pm (swim)

**Thursday, February 24th- HS Aux Gym 2-3pm (resistance bands)

**Tuesday, March 1st- Aquatic Center 2-3pm (run/stairs)

Wednesday, March 2nd- Aquatic Center 4-5pm (swim)

Thursday, March 3rd- LRC Gym 4-5pm (resistance bands)

Tuesday, March 8th- Aquatic Center 4-5pm (run/stairs)

Wednesday, March 9th- Aquatic Center 4-5pm (swim)

Thursday, March 10th- LRC Gym 4-5pm (resistance bands)

**Early dismissal schedule

Items Required for Conditioning:

- ✓ Swim trunks (on swimming days)
- ✓ Athletic shorts/pants (non-swimming days)
- ✓ Towel-Both LRC and Aquatic Center
- ✓ Goggles (optional)
- ✓ Running Shoes/Socks
- ✓ Water Bottle