

2019 Conditioning Schedule

High School Athletes only!

Monday, February 11th- Aquatic Center 345-5pm

Wednesday, February 13th- Aquatic Center 345-5pm

Thursday, February 14th- Aquatic Center 345-5pm

Monday, February 18th- Aquatic Center 345-5pm

Wednesday, February 20th- Aquatic Center 345-5pm

Thursday, February 21st- Aquatic Center 345-5pm

Monday, February 25th- Aquatic Center 345-5pm

Wednesday, February 27th- Aquatic Center 345-5pm

Thursday, February 28th- Aquatic Center 345-5pm

Monday, March 4th- Aquatic Center 345-5pm

Wednesday, March 6th- Aquatic Center 345-5pm

Thursday, March 7th- Aquatic Center 345-5pm

Items Required for Conditioning:

- ✓ Swim trunks
- ✓ Towel
- ✓ Goggles (optional)
- ✓ Running Shoes/Socks
- ✓ Water bottle