

HIGH SCHOOL PREP SWIM PROGRAM

Get a jump on the Harford County Public School season with the Arena Club Aquatics High School Prep Swim Program!

- Develop your kick base
- Improve your stroke mechanics
- Discuss goals with your HS Coach and have Coach Larry Dukes build sets to get you ready to succeed
- Get your breathing pattern and stroke count ready for the competitive season
- Become more efficient with your starts and turns
- Bring your friends and work on relay strategies, take-offs and finishes.
- All of this and more in just 10 weeks!!!

Limited spots
available!
Starts Thursday,
September 4!

Arena Club Members: \$250/Non-Members: \$299

Register Today: **410-734-7300**



STARZ

For more information visit www.arenaclubaquatics.com!