

FALL & WINTER CONDITIONING

WCAN is excited to offer a fall and winter swimming program to get you ready for the upcoming high school season! This program is set up specifically for swimmers that do not train year-around and want to get a head start on the high school season. The program will allow swimmers to improve their technique and get in shape in a fun, low-stress environment.



WCAN

Practice Options

GOLD (12 weeks)
November 14-February 3: \$225.00

SILVER (8 weeks)
December 12-February 3: \$175.00

BRONZE (5 weeks)
January 2-February 3: \$125.00

**All programs must pay an initial Pacific Swimming Registration fee.



For more information please contact
info@WCANswim.org