



Swim Team

Swim Team is a year round competitive program. This program will compete at a high level, working on technique and conditioning. It is designed for those who want to compete and improve their technique and their times. Swimmers will be coached and pushed to reach their full potential. Swim team members will compete in the Salt Lake Swim League.

Spring Quarter Begins March 1, 2023

Practice Times

Monday - Thursday 4:00 - 5:30pm

Offered Quarterly

Sept – Nov; Dec – Feb; Mar – May

Cost

\$325 Per Quarter

(discount of \$25 offered for additional family members)

\$75 non-member surcharge per quarter/ \$25 each additional family member

(if you are interested in becoming a member, please contact TJ Buxton at the LifeCentre)

Register at the LifeCentre Front Desk
9844 South 1300 East Sandy, UT 84094
801-571-7200



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Swim Club

Swim Club is a program designed for kids who would like to learn and improve their swimming abilities. The kids will learn the fundamentals of all four swim strokes in a supportive and encouraging environment.

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