

# 2018 ACAC Spring Conditioning



**What?** ACAC Spring Conditioning is an 8 week session designed to prepare swimmers for the summer season. Get prepared with a great conditioning program from our ACAC coaches!

**Who?** Anyone—no year round experience required! If you want to prepare for summer swim, or stay in shape from the middle school / high school season, then ACAC Spring Conditioning is for you!

**When?** Session begins Monday, April 2nd and runs through Friday, May 25th. Practices are Monday, Wednesday, and Friday from 6:15—7:30 PM.

**Where?** Oak Ridge Civic Center Pool

**Cost?** \$235 for the 8 week session, which includes the USA Swimming insurance. A \$25 discount per swimmer is available for summer teams with a minimum of 10 attendees. For more information, contact Dean Gerchar at 865-919-2098 or [dmg5829@gmail.com](mailto:dmg5829@gmail.com) or Coach Andy Wagner at [coach.awagner@gmail.com](mailto:coach.awagner@gmail.com).