



DON LUGO CONQUISTADOR SWIM PREP

Don Lugo Swim Prep is specific training for stroke development regardless of skill level.

Speed, Endurance, and Stamina will benefit you immediately, beginner swimmers, water polo players are all welcomed. Swim Prep will be taught by Coach Howard Nicodemus an Olympic Trial Qualifier.

You will have fun learning the skills and guidance From Coach Nicodemus.

Program Payments are due first Monday of each session, excepting cash only.

Program Dates / Times

Session 1

June 6- June 9 Tuesday – Thursday 12:30pm-3:00pm Cost: \$20.00

June 14 – June 16 Tuesday – Thursday 12:30-3:00pm

Session 2

June 20 -June 30 Monday-Thursday 12:30-2:30pm Cost: \$ 40.00

Session 3

July 18 – July 28 Monday – Thursday 12:30-2:30pm Cost: \$ 40.00

Session 4

August 1 – August 4 Monday – Thursday 9:00-11:00AM Cost: \$20.00

Please contact for more information: Coach Howard Nicodemus

(951) 217-6093

Hg.nicodemus@gmail.com