



# Southwest Girls Aquatics Strength and Conditioning

This two-hour a day Strength and Conditioning session will help prepare student-athletes, entering 7th - 12th grade, for the upcoming water polo, swimming and diving seasons using our dryland classroom, weight room, and of course the pool. Students must have a physical on file and be able to swim 25 yards on their own to participate. Participants should arrive at the Aquatics Center prepared for dryland with workout clothes and appropriate close-toed shoes along with swimsuit, towel and goggles as the second hour will be in the water.

**Camp Start Date:** June 2, 2025

**Start Time:** 1:00:00 PM

**Camp End Date:** July 24, 2025

**End Time:** 3:00:00 PM

**Date Details:** Week One - Monday June 2 - Thursday June 5, Week Two - Monday June 9 - Thursday June 12, Week Three - Monday June 16 - Wednesday June 18 NO S&C JUNE 19, Week Four - Monday June 23 - Thursday June 26, No S&C Week June 30 - Thursday July 3, Week Five - Monday July 7 - Thursday July 10, Week Six - Monday July 14-Thursday July 17, Week Seven - this is a dryland week - no water Monday July 21 - Thursday July 24.

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**Venue Name:** SWISD AQUATIC CENTER

**Venue Address:** 9290 SW LOOP 410, SAN ANTONIO, TX 78242

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**Camp Cost:** \$25.00

**Questions:** Kristin Libardoni [klibardoni11219@swisd.net](mailto:klibardoni11219@swisd.net)

**Special Notes:**

If you are interested in this Strength and Conditioning Session but cannot swim 25 yards on your own, please reach out to [klibardoni11219@swisd.net](mailto:klibardoni11219@swisd.net) for assistance.

**Medical Info:**

Students must have a physical on file to participate. No Exceptions. Students are allowed to participate in one S&C session per day.