

TRAVIS AQUATICS

**SUMMER SAC
2026**

**STRENGTH &
CONDITIONING
CAMP**



**Start Date:
June 8, 2026**

**Closed:
July 6-10**

**End Date:
July 31, 2026**

Training Times:

MW: 9AM-12PM

TTF: 9AM-11AM

- 1 Hour Water Polo
- 1 Hour Swim Conditioning
- 1 Hour Weight Room

**MUST KNOW ALL SWIM STROKES
THIS IS NOT SWIM LESSONS**

Sign Up Now!

Check out the Travis Website
[Travis Athletics Website](#)