



**Special
Olympics**
Maine

SWIM WORKOUT THURSDAY'S (April 1, 8, 15, 22, 29) @ 5:30pm on Zoom

Join local swim coaches every Thursday in April at 5:30pm (via Zoom) as they take athletes through swim-specific (out-of-water) workouts!

Note: Workouts will be recorded & shared on [Special Olympics Maine YouTube Channel](#)

WARM UP | 15-MIN WORKOUT | COOL DOWN

APRIL 1st @ 5:30pm Zoom Workout

Coach: Edward Little High School Swim Team

Zoom Link: <https://us02web.zoom.us/j/82530474260>

APRIL 8th @ 5:30pm Zoom Workout

Coach: Cape Elizabeth Swim Coach (Jessica Blake)

Zoom Link: <https://us02web.zoom.us/j/82739695576>

APRIL 15th @ 5:30pm Zoom Workout

Coach: Mid Maine Dolphins Coach and Team (Colin Vidas & Colby Gott)

Zoom Link: <https://us02web.zoom.us/j/84984298238>

APRIL 22nd @ 5:30pm Zoom Workout

Coach: Cape Elizabeth Swim Coach (Jessica Blake)

Zoom Link: <https://us02web.zoom.us/j/89757556167>

APRIL 29th @ 5:30pm Zoom Workout

Coach: Edward Little High School Swim Team

Zoom Link: <https://us02web.zoom.us/j/86536123759>