

2017 SUMMER MAINTENANCE PROGRAM



PROGRAM DETAILS

DATE: JULY 17 TO AUG 11

(MONDAY/WEDNESDAY/FRIDAY)

TIME: 3:20PM TO 4:50 PM

COMPETITIVE GROUPS:

AGES 12 TO 18

COACH BY:

XIAOPING LU (JUL 17-30)

KYLE CHENG (JULY 31 -AUG 11)

The Gators Swim Club is offering a summer dry land program to maintain and develop fitness of young swimmers during the off-season. For swimmers a blend of strength and swimming training are more productive for rapid improvement than only swimming. The land based training program will be carried out by Xiaoping Lu and Kyle Cheng.

Objective

- Comprehensive physical workout to develop swimmer's strength, endurance, rapidity, flexibility and agility.

Training Program

- Wk. 1 (July 17, 19, 21) - Goal settings with endurance and flexibility training
- Wk. 2 (July 24, 26, 28) - Core, strength and resistance training
- Wk. 3 (July 31, Aug 2, 4) - Speed endurance and flexibility training
- Wk. 4 (Aug 9, 11) - Core, strength and resistance training

Registration Form - **Deadline (July 12)**

Swimmer's Name		Swim Group:		Select minimum 2 weeks	
Parent's Name		Care Card #:		Week 1	\$30
Email Address:		Cell Number:		Week 2	\$30
				Week 3	\$30
By completing this form, this will authorize Gators Swim Club to debit your account.				Week 4	\$20
Payment will be processed by July 17 th , 2017.				Total	

PLEASE RETURN THE COMPLETED FORM TO THE SUMMER CLINIC REGISTRATION DESK ON WEDNESDAYS AND FRIDAYS AT KILLARNEY COMMUNITY CENTRE