



DRY LAND TRAINING



Strength training (dry land training) for swimmers is crucial in improving their stroke rate and the distance traveled per stroke.

CBRC Personal Trainer Jesse Grow will focus on: lower body power, pull and push power, core rotation and alignment and shoulder stability.

Thursdays 6:00pm-6:45pm (middle schoolers)

Fridays 6:15am-7:00am (high schoolers)

see reverse side for pricing and session dates

You can reserve your spot online or at the front desk.
mycbrc.com/training/fitness-challenges/

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	<u>Thursdays (middle schoolers)</u>	<u>Fridays (high schoolers)</u>
	Member Rate: \$59 Non-Member Rate: \$79	Member Rate: \$59 Non-Member Rate: \$79
Session 1:	March 12th-April 2nd	March 13th-April 3rd
Session 2:	April 16th-May 7th	April 17th-May 8th
Session 3:	May 14th-June 4th	May 15th-June 5th