

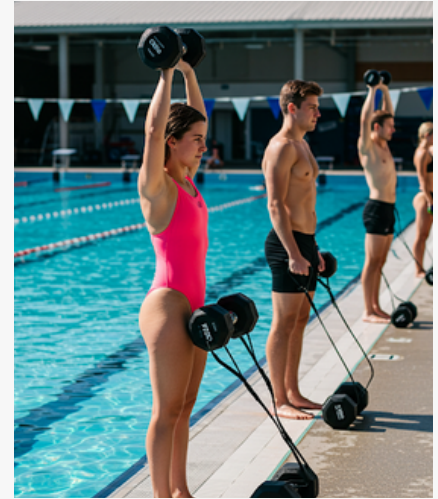
Dryland Swim Clinic

**ALL 12+
SWIMMERS
WELCOME**

Potential Benefits of Dryland Training

**Technique Refinement
Muscle Development
Core Strength
Aerobic and Anaerobic Capacity
Injury Prevention
Mental Focus**

\$40
per swimmer
*\$100 for
3 or more



**Space Limited
Register Now**



**Coached by
ECST
Coaching
Staff**

**4-5PM
5/5, 5/8,
5/12, 5/15**

Participants should bring a yoga mat or towel, a water bottle, and a balance ball if they have one.