

MRSC STAY FIT

For Competitive Swimmers



New Spring Programs * March 19th-April 5th

This program is open to all collegiate, USA and high school girls and boys interested in fulfilling a level of fitness for competitive swimming. This clinic provides not only an opportunity to improve overall fitness and technique, but also to meet other USA and high school swimmers and build team.

13 & OVER STAY FIT

One hour will consist of a dry-land workout, and one hour of swimming. Swimmers should arrive fifteen minutes prior to the start each day and should bring with them a cap, suit, goggles, sneakers, water bottle, and towel.

Training will run Monday through Thursday 4:00-6:00pm

NEW!! 12 & UNDER STAY FIT

One hour of swimming followed by a half hour of dryland. Swimmers should arrive fifteen minutes prior to the start each day and should bring with them a cap, suit, goggles, sneakers, water bottle, and towel.

Training will run Monday through Thursday 6:00-7:30pm

*Make Ups for both groups will be held Fridays for inclement weather.

Pick your weeks!

preferred pricing for MRSC members

Dates:	Prices:	Member 13&O/12&U	Non-Member 13&O / 12&U
Week 1: March 19 th -March 22 nd	1 Week:	\$65 / \$55	\$75 / \$65
Week 2: March 26 th -March 29 th	2 Weeks:	\$125 / \$115	\$145 / \$155
Week 3: April 2 nd - April 5 th	3 Weeks:	\$180 / \$170	\$210 / \$200

Name: _____

Address: _____

Phone Number: _____

Age: _____ School: _____ Club Team: _____

Medical Concern/Limitations: _____

Emergency Contact Name: _____ Phone Number _____