

# MRSC GET FIT



## **BONUS WEEK August 27<sup>th</sup>-31<sup>st</sup> A FULL WEEK OF FIT!**

These programs are 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, club or high school, morale before the season starts.

### **All Ages 4:00-5:30pm**

45 minutes will consist of a dry-land workout, and 45 minutes 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.

NonMembers - \$65 MRSC Members - \$50

## **Introducing MRSC Stay Fit Clinic**

### **Stay in Shape and tune up your technique**

### **All Ages 6:00-7:30pm** \*week 3 time is subject to change

One hour will consist of a dry-land workout, 30 minutes will consist of stroke technique and fine turning before you club season starts. 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.

Pick your Weeks!

#### **Dates:**

Week 1: September 4<sup>th</sup> - 7<sup>th</sup> (4 days)  
Week 2: September 10<sup>th</sup> -14<sup>th</sup> (5 days)  
Week 3: September 17<sup>th</sup>-21<sup>st</sup> (5 days)

#### **Prices: Member | Non-Member**

\$50	\$65
\$65	\$80
\$65	\$80