

Fall Dryland Training

7-10
M-\$85 NM-\$125
11+
M-\$175 NM-\$255



Dryland Training for Raiders Swimmers developed specifically to suit the needs of the youth swimmer. This program will compliment the time a swimmer spends in the pool by developing motor control, full-body strength, coordination, power, joint mobility, & flexibility.

Similar to the Dryland Program we have successfully been using with USA Swimmers for years, Raiders Dryland will be offered to a limited number of spots each Raiders season.

Each season's training schedule will be based on swim practice load & schedule, with the goal to create a strong athletic foundation.

**9/9—11/8 ▪ No training 10/14
Mon./Wed./Fri.**

Program members may participate in any (2) of the three scheduled classes per week.

**Ages 7-10: 4-4:30pm
Ages 11+: 4:30-5:30pm
Min. 12 per group**