

**Tri-Athletes
Welcome!**

**Soccer
Football
Lacrosse
Cross Country
Tennis
Waterpolo
Wrestling
Baseball
Gymnastics
Basketball
Cheer**

Cross-Fit

Swimming Program

Get the most out of your Conditioning!

This program is designed to develop technique while increasing aerobic and anaerobic thresh-holds



**All Ages
10 or Older!**

More Information:
West Coast Swim Shop
Call (916)983-1060

Athletes Name:

16 Total Sessions Cost \$192

Phone:

Where: Vista Del Lago High School
Time: 8pm-9pm Tuesday / Thursday

Email:

Dates: May 31
June 2,7,9,14,16,21,23,28,30

Paid: Cash/Check/C.C.

July 5,8,12,14,19,21

#

Maximum Capacity: 50 Participants

Coach:

**Tim McCormick
30 years experience**

Required:
Fins & Kickboard