

Athletic X-Training Teen Fitness

SRD Athletic X Training-Running & Swimming for Teens ages 11-17

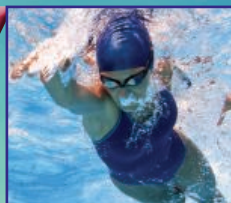


Running

Mondays 5:00-5:30pm

ATHLETIC TRAINING

STRAWBERRY RECREATION



Swimming

Mondays 5:45-6:30pm

Build lean muscle and maintain a healthy lifestyle through these programs especially designed for teens. Whether participants swim or run competitively or for general fitness, mixing up workouts will improve core strength, endurance and speed. Core Training has a central role in establishing posture, alignment and stabilizing the lumbar and spine improving efficiency. Interval, endurance and speed training improve cardiovascular strength, muscular endurance and overall fitness level.

Participants will do a variety of 30-minute running workouts around SRD and the Bay Trail, and then do a pool workout for 45 minutes.

Splash and Dash on March 20 and May 22 at 5:00pm!!!

DATES:

Session 1 : January 23-March 20 (No class 2/20 - President's Day)

Session 2 : March 27 - May 22 (No class 4/10 - Spring Break)

FEES:

\$100 for running only

\$160 for running & swimming

TEEN ATHLETIC X-TRAINING CAMP

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Participants will experience an athletic training program focused on developing the complete athlete in a fun and supportive environment. Designed for those interested in cross training, this camp will focus on all aspects of creating a personal and balanced workout with daily tennis, soccer and swimming. Camp size is limited to provide individual attention and coaching opportunities in all activities.

TEEN X-TRAINING CAMP'S DAILY SCHEDULE

9:30am
10:00-10:45am
10:45- 11:30am
11:30am-12:00pm
12:00pm-12:30pm

Sign-in
Cross Training, Stretching, and Running
Sports Lesson
Swimming
Multi-Sport

Age: 11 - 17 years

Time: 9:30am – 12:30pm

Dates: Weeks 2-4 & 6-10

Max Campers: 8

Fee: \$145

Register Online for all SRD Activities!!!

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