



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION

STRENGTH

SWIM

JUN 28 – JUL 2
10:30AM-1:00PM

M: \$60
PP:\$75



Competitive Swimmers looking to level up this summer!

- 5 days of Nutrition plans**
- 5 days of Strength Training workouts**
- 5 days of Swim Technique training**

Learn from our certified professionals how you can take your performance to the next level!

Sign up Today!

MARCUS CAMPBELL

-TCY HEAD COACH WITH 15+ YEARS COMPETITIVE SWIMMING EXPERIENCE

ANNE KLAUKE

-REGISTERED DIETETIAN AND CERTIFIED FITNESS INSTRUCTOR

CARRIE SMITH

-CERTIFIED PERSONAL TRAINER AND CERTIFIED FITNESS INSTRUCTOR