



Michael Phelps Skill Center Adult Swimming Fitness Schedule

Our pools will challenge you at the level you are today. Our instructors will customize your workout to your strengths, abilities and challenges. Together we will improve your strength, balance and functional movement.

	Monday	Tuesday	Wednesday	Thursday
8:30am	Swimlates			
10:30am	Swimlates	Fit and Swim	Triathlete Stroke	Fit and Swim
3:30			Swimlates	
5pm		Fit and Swim		Fit and Swim
6pm	Fit and Swim	Triathlete Stroke		Triathlete Stroke

Fit and Swim

Use various resistance tools and swimming skills to boost your overall fitness and strength. Active warm water is useful in providing challenges to balance, aiding in stretching and swimming comfortably.

Swimlates

This class combines the best Pilates exercises for the water and with the technical expertise of Michael Phelps Swimming technique. Developed based on the shared principles of breathing, balance and body position.

Triathlete Stroke Development

Best swim mechanics are discussed. Participants observe their stroke. Drills for correction are introduced, selected and personalized. Each class addresses one specific aspect of your stroke*. See topics by date below.

October Dates and Topics:

Tuesday	Thursday
October 1 - Foundation: Breathing and core balancing	October 3 - Foundation: Breathing and core balancing
October 8 - Power: Pull	October 10 - Drive: Kick
October 15 - Rotation and recovery	October 17 - Entry and catch
October 22 - Advanced Breathing	October 24 - Advanced core drills
October 29 - Training Tools: to develop great form	October 31 - Training Tools: build endurance and power

*It is highly recommended that swimmers taking this class experience swimming in dynamic water in our pools before taking the class.

Program Fee

6 Class Session \$90