



## **"Killer" Club Swim**

### **Sponsored by the Methow Valley Swim Team**

**Mission:** A structured non-competitive swim program for Adults and mature Youth with the principle objective of health, fitness and distance/open water stroke development. Aimed at promoting the benefits of life long swimming to develop low impact strength, endurance and aerobic conditioning.

**Facilitator:** John Caesar (Head Coach Methow Valley Killer Whales)

**Season:** June 4<sup>th</sup> to Labor Day (3 month Training Program)

**Where:** Wagner Memorial Pool & Patterson Lake (optional)

**When:** Pool: Tuesday & Thursday (8am to 9am or 9am to 10am)  
\* Additional Group Swim Opportunities to Be Determined

**Instruction:** Total Immersion®

**Cost:** \$100 (Adults)  
\$100 (Youth 14 to 18)  
\$25 (Qualified MVST Members)

**Limit:** 15 per session (Total 30 participants)  
3 swimmers per ability lane

**Who:** **"Killer" Club Swim** is the ideal fitness program for those who are:

- Looking for a summer alternative to their routine fitness program
- Beginner swimmers with a desire to develop their swimming skills
- Advanced swimmers looking to get back into swimming shape
- In poor fitness and in need of a low impact fitness program.
- In good fitness and in need of a physical challenge
- Wanting the social benefits of swimming fitness with friends
- High School Athletes looking for a cross training summer fitness program
- Advanced Swim Team Members with a desire to build distance endurance

**"Killer" Club Swim** is designed to accommodate all ages, abilities and fitness levels. We learn as a group and train by ability and fitness level. If you think you are in good shape... you need to take the **"Killer" Club Swim** Challenge this summer. If you need to get in shape fast, you don't want to miss the **"Killer" Club Swim** opportunity. To maintain a (3) swimmer per lane maximum, the Club will be capped at 30 swimmers for 2009. Members receive a 2009 Season Pass to the Wagner Memorial Pool. Act Soon!

### **Registration**

**Fill out Registration Form & submit by April 24<sup>th</sup>  
to RE/MAX Valley Life in Winthrop.**

**For an application go to:**

[www.mvkillerwhales.com/club\\_registration.pdf](http://www.mvkillerwhales.com/club_registration.pdf)

**Questions: John Caesar 6-3700**