



# "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 8<sup>th</sup> - July 31<sup>st</sup> Labor Day coached by John Caesar

**During:** August 1st - August 31st there will be a posted workout plan with guest appearances by John Caesar.

**Where:** Wagner Memorial Pool

**When:** Pool: Tuesday & Thursday (8am to 9am or 9am to 10am)

**Instruction:** Total Immersion®

**Cost:** \$100 (Ages 15 - Adults)

**Limit:** 18 per session (Total 36 participants)  
3-4 swimmers per lane

## Registration

Fill out Registration Form & submit by April 25<sup>th</sup>  
to RE/MAX Valley Life in Winthrop.

Spots are filled on a first come first serve basis.

For an application go to:

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

**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.