

# SWIMMING

## Dry-Land Performance Training

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Help improve athletic performance, prevent injuries and promote longevity through  
Swimming-specific speed and power training

- Speed and agility drills
  - Plyometric development
  - Resistance training
  - Shoulder girdle development
  - Conditioning
  - Flexibility and stability exercises
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Improve Hip and Shoulder stability, conditioning and MORE...

### Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

Join individually ANYTIME!

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-Th / Sat. 10:30 am

Age: 13+ yrs. 6:30-7:30 pm M-Tu-Th / Sat. 10:30 & 11:30 am

\$20 per session per player or \$180 for 10 sessions

(Save with monthly unlimited packages – see website)

### Team Packages (at the EDGE)

4-12 Swimming-Specific sessions (Approx. 1 hour each)

Create your own times and days

Sessions	6-11 ath's	12+ ath's
4	\$60 (\$15/ses.)	\$50 (\$12.50/ses.)
8	\$112 (\$14/ses.)	\$90 (\$11.25/ses.)
12	\$156 (\$13/ses.)	\$120 (\$10/ses.)

**Also available:**

**1-on-1 training and**

**Team Mates (2+ athletes)**

To register call (940) 391-3711 or go to:

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**[www.EdgeSportsFitness.com](http://www.EdgeSportsFitness.com)**



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