

POWER, ENDURANCE, AND INJURY PREVENTION

COMPETITIVE SWIM TEAM SMALL GROUP TRAININGS AT WEST COOK YMCA

The 2021 summer competitive swim team clinics will have three 2-week sessions starting on June 21st. These clinics will combine aquatic and dryland trainings focused on power, endurance, and injury prevention with classroom instruction to develop team athletes as quality character driven athletes.

Our team of instructors consist of one of our fitness experts leading the dryland trainings while Coach Pharr will lead swimmers through trainings in the water to improve competitive stroke technique, and Rebecca Boblett, Director of Youth and Healthy Living Programming and Services will lead our athletes in the classroom.



COACH KRISTIN PHARR

Coach Pharr has over 13 years of experience coaching competitive swimming.



COACH SERGIO PEREZ

Coach Perez is a certified personal trainer and group exercise instructor. He has worked with the Y since 2016.

TRAINING SCHEDULE

Ages 12 years and under
Dryland Training:
M/W/F | 10:00 am- 11:00 am:
Classroom:
Tu/Th | 10:00 am-11:00 am
Pool Schedule
M-F | 11:15 am-12:15 pm

Ages 13 and over
Dryland Training:
M/W/F | 11:15 am- 12:15 pm:
Classroom:
Tu/Th | 11:15 am-12:15 am
Pool Schedule
M-F | 10:00 am-11:00 am

REGISTRATION INFORMATION

Session Dates:
Session 1: July 5-July 16
Session 2: July 19-July 30

Cost: \$500 per session

If you are interested in registering for swim clinics, please email aquatics@westcookymca.org.

QUESTIONS?
708.434.0222

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