



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## BRANDYWINE COATESVILLE BRANCH OPTIONAL DRYLAND FOR BLUES AND SENIORS

Dryland will be:

- Mondays: 6:30-7:10pm
- Thursdays: 5:45-6:25pm



It is encouraged that everyone sign up for dryland for atleast one day a week.

It is an additional fee and Rich and Rosemary (personal trainers) will be teaching the class. The dryland will be set up to focus on strengthening the swimmer's core, shoulders and legs. Location at the Y to be determined.

The swimmers are expected to listen to Rich and Rosemary as they would listen to their swim coaches on deck or teachers at school. If we have a behavioral problem with a swimmer, we will treat it like swim practice and handle as outlined in our swimmer/parent handbook. No refund will be granted if we have to remove a swimmer from dryland due to behavioral reasons.

Swimmers will be expected to wear workout clothes and sneakers for dryland.

Please also bring water bottles.

Due to tapering dryland will run:

- Monday, September 25<sup>th</sup> to Thursday, December 7<sup>th</sup> (11 weeks)
- Thursday, January 4<sup>th</sup> to Monday, February 19<sup>th</sup> (7 weeks)



Please sign up at the Front Desk or Activenet link for this option when you register for swim team.

**MONDAY:**

[http://apm.activecommunities.com/ymcagreaterbrandywine/Activity\\_Search/129705](http://apm.activecommunities.com/ymcagreaterbrandywine/Activity_Search/129705)

**THURSDAY:**

[http://apm.activecommunities.com/ymcagreaterbrandywine/Activity\\_Search/129706](http://apm.activecommunities.com/ymcagreaterbrandywine/Activity_Search/129706)

**BOTH:**

[http://apm.activecommunities.com/ymcagreaterbrandywine/Activity\\_Search/129707](http://apm.activecommunities.com/ymcagreaterbrandywine/Activity_Search/129707)

The fee is an additional \$145 for each day you choose for the 18 weeks. If you sign up for both days the fee will be \$250.