

# Complete Swim Training



## 90 min. training session includes:

- Functional movement screen to assess quality and quantity of movement
- Flexibility and strength plan based on assessment
- Vasa ergometer power and technique assessment
- In water swim evaluation
- Specific drills to improve technique and efficiency

## **After the session, you will receive a 6- week plan ( with in a few days) that will include:**

- Swim specific strength and flexibility plan
- Detailed swim training plan

**Rates:** Wayside members \$99  
Non-members \$119

### **Additional follow up sessions can be arranged**

Members \$40 per half hr/ \$65 per hr  
Non-members \$ 50 per half Hr/ 75 per hr.

Training Sessions are by appointment only, and conducted at  
Wayside Racquet and Swim Club, Marlboro, MA

Learn more about Coach Tim Crowley at [www.TimCrowley.biz](http://www.TimCrowley.biz)

