



SWIM STRONGer

Fit Pass Sessions

50-minute Dry-Land sport-specific training sessions geared towards building strength, endurance, and core mechanics needed for all aquatic movements.

Learn the biomechanics and postural skills that will help you move better and improve your stroke.

Each session will incorporate a variety of functional exercises and equipment that will enhance your strength, keep you injury-free, and make you SWIM STRONGer!

***Offered Tuesdays & Fridays @ 7:00am
on the Pool Deck***

*Fit Pass Sessions are fee-based and require enrollment in advance.
Email chaneskis@smccd.edu for more information.*

**Each Session is capped at 8 participants,
so SIGN-UP to try a Session TODAY!**



**SAN MATEO
ATHLETIC CLUB**
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS.
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY