


Adult Fitness

(Swim Fit, Boot Camp, Paddleboard Yoga)

Pre-Requisite	<ul style="list-style-type: none"> • 19 years or older • Knows how to swim at least one style proficient enough to repeat 10X50 with moderate rest and a continuous 12 minute swim
Description	<ul style="list-style-type: none"> • Courses exclusively for those looking to improve endurance and muscle tone through a disciplined swimming course, a complete (cardio and muscle development) low impact sport
Objectives	<ul style="list-style-type: none"> • Develop endurance and muscle strength for avid swimmers • Participants swim with greater efficiency over longer distances • Training program for 5K and 10K Open Water swimmers and Iron Man to Sprint Triathletes
Time Commitment to Safety	<ul style="list-style-type: none"> • 2 – 3x per week year round, 11 months per year • Do you want to compete? 4 to 5 x per week includes open water swims
<p data-bbox="260 849 386 878">Exit Skills</p> 	<ul style="list-style-type: none"> • Breathing & nose protection <ul style="list-style-type: none"> - Can proficiently do breath exchanges in freestyle & backstroke can swim breaststroke inhaling with mouth and exhaling with nose and mouth • Safety & flotation <ul style="list-style-type: none"> - No anxiety in deep water • Body movement & balance <ul style="list-style-type: none"> - Swim 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke - Kick 200 yards continuous on a kick board - Perform the Cooper 12-minute swim test, and compare results with the pre-test results • Navigation <ul style="list-style-type: none"> - Buoy Sighting in open water