

**Waukesha Express Swim Team  
End of Summer Programs 2010  
at Waukesha South High School**

**FALL FITNESS**

The coaches are planning a great fall fitness program for the Gold and Senior swimmers. The program will consist of both dry land fitness activities as well as work in the water to get fit and ready for the fall and winter short course season. It is highly recommended for all Gold and Senior swimmers.

For: Gold and Senior swimmers

When: Tuesdays/Thursdays/Saturdays, beginning August 17 and ending September 11, 2010  
(No practice Saturday August 21 due to team trip to Wisconsin Dells)

Times: Tuesdays and Thursdays, 5:30 - 7:30 p.m.  
Saturdays, 8:00 - 10:00 a.m.

Cost: \$80

**AGE GROUP STROKE/FITNESS CLINIC**

Coach Bill and Coach Michael are planning a stroke clinic that will also include improving overall fitness and development. This is recommended for Ribbons, Bronze, Silver and new Gold swimmers.

For: Ribbons, Bronze, Silver and new Gold swimmers

When: August 23, 25, 30, 1, September 7, 8

Time: 6:00 - 7:30 p.m.

Cost: \$60

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**\$10 OFF IF YOU REGISTER BY JULY 1**  
**(sign up by using the below portion of this form)**

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Swimmer Name \_\_\_\_\_

Age: \_\_\_\_\_ Group: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Registering for: Fall Fitness, \$80 \_\_\_\_\_

Age Group Stroke/Fitness Clinic, \$60 \_\_\_\_\_

TOTAL AMOUNT DUE: \_\_\_\_\_

*Checks should be made payable to: Waukesha Express Swim Team*