

## What is SilverRays Teen Fit?

The TeenFit program was created by the Strathcona County Swim Club for teens who want to participate in the sport of swimming within a group, but do not want to compete at swim meets or can't commit to the busier schedules of the competitive programs.

Last season we had a wide range of abilities, from recreational swimmers to former competitive swimmers. No matter their ability, all swimmers wanted to keep active, make friends, and improve their abilities in the water.

PROGRAM DURATION: Monday, September 26th to Friday, April 28th  
Monday and Friday evenings  
7:15-7:30 Activation  
7:30-8:30 Swim

PROGRAM LOCATION: Millennium Place

PROGRAM COST: \$960 plus \$30 annual Swim Alberta fee  
(training fee payable as one-time, 2 instalment or monthly payments)

### Requirements:

The only requirements are that swimmers can swim 50m in the lap pool, wear a training swimsuit and goggles, and try their best at every practice.

### Program structure:

Every practice consists of a 15 minute activation on deck led by their coach where swimmers will warmup and learn new exercises.

The one hour swim portion of practices will vary as they progress through the season. The first month will primarily focus on endurance work, using the pace clock, and team building activities so the group can get to know each other. Then, they will transition to improving other skills for a few weeks at a time such as: diving, medleys, and turns (with maintenance throughout the rest of the season).

All practices will accommodate all skill levels within the group so it is challenging and engaging for all members. The goal is for all swimmers to get a good workout, improve their strokes, make friends, and have fun!

TeenFit Program  
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