



Channels Cats Swim Team Dryland Program

Get to the next level in your physical abilities as an athlete, prevent injuries, and perform better in the pool. Supplemental to your swim program, this on-land exercise program focuses on agility, power, strengthening, coordination, speed and recovery. According to significant peer-reviewed literature, participation in a dryland program can improve an athlete's performance in swimming and decrease injury risk.



WHERE:

**Therapeutic Associates
Pasco Physical Therapy**



COST:

\$100 per month (paid at the first of each month)
or \$270 (includes 10% discount if paid in full)



WHEN:

**July 1 - September 30 (Three months)
Every Tuesday & Thursday, 6pm-7pm**



WHO:

The program will be led by Kyle Stewart, Doctor of Physical Therapy



REGISTER NOW

Spaces are limited. Contact Therapeutic Associates Physical Therapy to save your spot!



**Therapeutic Associates
Pasco Physical Therapy**
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**Locate Us and
Meet Our Team!**