

# Channels Cats Swim Team Dryland Program

An on-land exercise program focusing on the overall athlete to perform strengthening, agility, power, coordination, speed, and recovery. This program is a supplemental program to your swim program. It is intended for the athlete looking to get to the next level in their physical abilities, prevent injuries, and get better as an overall athlete as well perform better in the pool. Specifically for the swimmer, there is significant peer-reviewed literature support showing improvements in athletes' performance in swimming and decreased injury risk with participation in a dryland program.



## WHERE:

**Therapeutic Associates Pasco Physical Therapy**  
4824 Broadmoor Blvd, Suite #3, Pasco, WA 99301  
(509) 545-2110 | pasco@taipt.com



## COST:

\$100 per month (paid at the first of each month)  
or \$360 (includes 10% discount if paid in full)



## WHEN:

**March 1 - June 30 (Four months)**  
**Every Tuesday & Thursday, 5am - 6am**



## WHO:

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



## HOW TO REGISTER:

Contact Therapeutic Associates Physical Therapy at **(509) 545-2110** to get signed up. The program will be limited to 10 athletes, so don't delay!