



Swim Science Class Series

The Healthy and Fit Swimmer.

Therapeutic Associates Pasco Physical Therapy is hosting a 3 class, interactive, in-person series for the young athlete with a focus on swimming and swimmers' common ailments. Each class will cover a variety of topics with a common theme of movement. Additionally, each class will include an exercise portion focused on performance and injury prevention. We recommend athletes wear something comfortable to move around in such as T-shirt, gym shorts and tennis shoes. Each class will be 1 - 1.5 hours.

Topics covered:

- Information on the importance of knowing your body and recognizing the early and late signs of injury
- Development of the balanced athlete and dryland program performance
- Training volumes, overuse syndromes, considerations for parents and guardians of young athletes
- Education on hydration, nutrition, cheat days, and balanced habits
- Importance of strength training
- What is Swimmer's Shoulder?
- Relevant differences of young female/male athletes

PLEASE CONTACT OUR CLINIC DIRECTLY BY PHONE OR EMAIL TO RESERVE A SPOT FOR YOUR ATHLETE.

Additionally, we will need a parent or guardian present upon an athlete's first class to sign a participation agreement/waiver as we will be performing exercise activities. All classes will all take place in an open gym space and parents are welcome to attend and participate in each of the classes.



Date: Wednesdays,
August 10th, 17th & 24th



COST: \$25 each child for 3 sessions

Sessions are sold as a package



Time:
7:15-8:30pm



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Locate Us and
Meet Our Team!