



## **Pinnacle Fitness Fall 2022 (Sept-Dec)**

Pinnacle Fitness workouts are available as an add on practice for Senior and National Development swimmers. The workouts will be held two times a week. These workouts are coached by Jeff Greer-owner of Pinnacle Fitness.

Swimmers can enroll and commit on a quarterly basis. This ensures that swimmers are getting the most out of their dryland and swim practices.

Swimmers can enroll for the fall by emailing Coach Ricky at [rickysilva@sasoswimming.org](mailto:rickysilva@sasoswimming.org)

### **Days**

Tue/Thu 5:30-6:30 pm

### **Enrollment**

Swimmers should let Coach Ricky know via email if they plan to attend.

Swimmers MUST give at least 30 days notice if they need to suspend their Pinnacle Fitness workouts. This should be sent via email to Coach Ricky. Swimmers who participate are expected to participate for the quarter unless unforeseen circumstances arise.

### **Cost**

The cost of the program will be \$140 (\$35 per month.) This will be charged \$35 (in addition to their monthly swim dues) to the credit card on file with DART at the first of each month.

*\*Note that this is discounted from the regular rate.*

### **Waivers and Signup**

All swimmers MUST have a Pinnacle waiver on file. This will be provided to anyone who has not filled one out before.

### **Attendance**

Swimmers are expected to attend these workouts on a regular basis. The benefit from these structured dryland practices takes time and commitment and is gradual over time.

[Pinnacle Fitness](#)

