



**ROYAL
FITNESS**

Family owned since 1979

September 29th—Nov. 3rd

Fridays 4:00-4:45pm

Kids ages 8-12



Stay Conditioned Swim Warm-ups

Program taught by Danielle Zacamy, US Masters Swimming Coach Level II

- Build and maintain baseline endurance through out the off season
- Learn and perfect starts and turns
- Review and practice all 4 strokes
- Kicking is key, get your kick evaluated and learn to stay streamline
- 1200-1600 meter workouts each week
- Fun Swim games

856.547.3326

royalfit.com