

Century Summer Swim Performance Program – 2023

What	A summer swimming/training program designed to engage young athletes in the sport of swimming. Additional emphasis placed on stroke technique, endurance, speed, mental training, yoga, strength, etc.
Where	Century High School Pool
When	Five-week program Monday – Friday, 6:00 – 7:30 AM <ul style="list-style-type: none">• Week 1: June 19-23• Week 2: June 26-30• *BREAK*• Week 3: July 10-14• Week 4: July 17-21• Week 5: July 24-28
Who	Space available for: <ul style="list-style-type: none">• Athletes grades 7 (incoming) – 12 (including graduated seniors)• Boys & Girls• All ability levels, prerequisite of knowing all four swimming strokes. Limited space available
Cost	\$125 per athlete All proceeds going to Century Girls' Swimming & Diving program
Coaches	Megan and Dale Magnuson