



Podium Program 2012

The podium program is designed to accommodate athletes who wish to improve on their swimming abilities for triathlons, masters swimming and other more advanced swimming programs.



The focus of the program is on building endurance, developing stroke for longer swimming and developing overall strength in the pool. Podium is geared to peak in training during the

main triathlon season. During the winter, the focus will be primarily on development of stroke technique. Athletes will focus on drills to improve aspects of body position, kick and arm stroke.

Prerequisites: swimmers must be able to swim 200 yards without stopping and show proficiency with freestyle and one other stroke (e.g. breaststroke, backstroke or butterfly).

When: Wednesdays 6:30 - 7:30 pm

Where: Sunnyvale Swim Complex
Fremont High School
1283 Sunnyvale-Saratoga Road
Sunnyvale, CA 94087

Cost: 12 Swim Fitness Pass \$64 Sunnyvale Residents*/\$74 Non-Residents
Monthly Fitness Pass \$57 Sunnyvale Residents*/\$67 Non-Residents

**Sunnyvale Residents must show proof of residency.*

For more information about this or other aquatics programs, contact California Sports Center at (408) 732-2257 or email masters@calsportscenter.com



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