



www.ckswimming.com



Year-Round Swimming with ASCA Level 4 Coach Chris Kjeldsen

Swim Practicing Excellence Every Day or **S.P.E.E.D.** is training in technique, strength, and conditioning of both the mind and the body. <http://www.ckswimming.com/S P E E D Training.html>

Drawing on 26 years of coaching and two decades of personal swimming and water polo experience, Coach Chris uses an underwater speaker system and many other tools to correct and guide swimmers during practice. Coach Chris teaches swimmers to build muscle memory for proper stroke technique, which produces rapid measurable improvements in speed through the water. Though the technique work is serious, we also have fun and a very flexible schedule.

You can add to your SPEED training experience by joining the year-round, USA Swimming Sailfish team. This allows you to participate in a variety of confidence-building swim meets. To get further details go to www.ckswimming.com/SailFISH.html. To register for the Sailfish contact Coach Chris at ckjeldsen@austin.rr.com.

The Sendero Springs Pool is heated to 83 degrees September - April.

School Year 4 week sessions	Aug. 22nd/Sept.	Oct.- March	April	Tuition
2-5 days of practice	M,W 5:45- 6:45am M,T,TH,F 3:30- 4:00pm 4:00- 4:45pm 4:45- 5:45pm 5:30- 7:15pm Saturday AM 8:30- 10:00am 10:00- 11:00am	M,W 5:45- 6:45am M,T,TH,F 4:00- 4:45pm 4:45- 5:45pm 5:30- 7:15pm Saturday AM 8:30- 10:00am 10:00- 11:00am	M,W 5:45- 6:45am M,T,TH,F 3:30- 4:00pm 4:00- 4:45pm 4:45- 5:45pm 5:30- 7:15pm Saturday AM 8:30- 10:00am 10:00- 11:00am	Member - \$85 Resident - \$90 Non Res. - \$100 Non Res. Mem.- \$85
1x/ week (only available during the school year)	M,T,TH,F 4:00- 4:45pm 4:45- 5:45pm 5:30- 7:15pm Saturday AM 8:30- 10:00am 10:00- 11:00am	M,T,TH,F 4:00- 4:45pm 4:45- 5:45pm 5:30- 7:15pm Saturday AM 8:30- 10:00am 10:00- 11:00am	M,T,TH,F 4:00- 4:45pm 4:45- 5:45pm 5:30- 7:15pm Saturday AM 8:30- 10:00am 10:00- 11:00am	Member- \$50 Resident - \$55 Non Res. - \$65 Non Res. Mem.- \$50

Monday, Tuesday, Thursday, Friday, and Saturday

You pick the days. Coach Chris evaluates each swimmer and assigns the appropriate practice time.

For more information www.ckswimming.com

Register online at www.bcmud.org keyword: SPEED or call 255-7871

You can also register with Coach Chris.

Questions ckjeldsen@austin.rr.com or cell 694-2180



Summer Sessions Schedule:

AM (Monday - Thursday), PM (Monday - Friday)

May 2nd - May 27th 6:00-7:00AM

AUG. SPEED: July 22nd - Aug 18th 7:30-9:00AM, 9:00-10:00AM

For the following two Sessions only register at www.bcmarlins.com Click on M&Ms.

May 31st - June 24th 6:25-7:25AM, 4:00-6:00PM June 27th - July 22nd 6:25-7:25AM, 4:00-6:00PM