



SUMMER 2014 DAAC DRY LAND TRAINING

- WHO:** Current DAAC swimmers who are at least 13 years old
- WHAT:** Dry land training to include circuit training and cardiovascular training
- WHERE:** Planet Fitness, 2130 White Street, Carlisle Commons (Located in the same plaza as the Weis Market and Big Lots) York, PA 17404 747-1481
- WHEN:** Monday - Thursday mornings beginning June 16th and ending July 17th
- TIME:** 7:30 a.m. to 8:30 a.m.
- DRESS CODE:** Be sure to wear comfortable and **appropriate** exercise clothing. Bring a water bottle to use while working out!
- CELL PHONES:** You may listen to music while exercising but you may not be using your phone for texting or calling while working out (**SAFETY**).

Participants should attain their membership to Planet Fitness prior to Monday, June 16th. You may register on-line at

<https://membership.planetfitness.com/SelectMembership.aspx?FranchiseID=67>

or in person at Planet Fitness in West York. Please select the type of membership you wish to sign up for individually. **DAAC is not responsible for any registration fees or monthly payments.**

On June 16th we will meet at the West York Planet Fitness at 7:30 a.m. for an orientation. During the orientation, new participants will tour the facility, be shown the circuit training routine and have additional exercise stations demonstrated for future use by the Planet Fitness personal trainer. Returning participants will begin exercising! Any questions or concerns? Please contact Coach Janosky