



FALL RIVER LIGHTNING LAND TRAINING

We would like your child to participate in our strength training program.

This program will be specially designed for our swim team and catered to long distance vs sprint swimmers. We are excited that our wellness staff has agreed to help us! The training will take place on Thursdays from 5pm to 6pm. All trainings will be supervised by one of the swim team coaches. Any questions, please call Jane Machado at 508.675.7841.