

## SPRING/SUMMER CHALLENGE

I would like to put out a challenge to the 12 and older group to add 3 hours a week of dryland activities to their schedule. Below is a list of a few activities that I came up with, please let me know if you think of something else. The purpose of these activities is to increase the strength of your arms, legs, and core.

Elliptical trainer

Biking

Running/fast walking

Yoga

Pilates

Jumping rope

Pogo stick

Dynabands

Wii Fit

This challenge is on the honor code, but if you submit a record each Monday of your activities from the previous week you could receive a small prize. However, the REAL reward will be helping yourself become a better, stronger swimmer. It will begin Monday, April 27<sup>th</sup>. Feel free to get your parents and siblings involved and have a great time!