

# Injury Prevention Series: Swim



## Information:

The Injury Prevention Series at Innovative Training Solutions (ITS) aims to help prevent injuries in our young athletes. This swim series aims to increase core strength and endurance, improve shoulder stability, improve trunk stability and flexibility, decrease risk of injury, and improve on sprint times in water. This series is for athletes 13 years and older.

## Where:

Innovative Training Solutions  
13757 Eureka Road,  
Southgate, MI 48195

## When:

Every Monday and Wednesday from  
12pm-1pm Starting June 21st through  
August 4th

## Cost:

\$10 per athlete per session **\*NO DROP IN  
– PRE REGISTRATION IS REQUIRED\***  
Punch Cards Available

## Contact:

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