

Sioux Falls Swim Club 2026 Summer Performance Sessions

Sanford Sports Performance:

Sanford Sports Performance is the regional leader in offering individualized programming for athlete development, sport performance training and injury reduction. Since 1999, we have provided the most comprehensive holistic programming for athletes of all ages and skill levels. We integrate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility and explosive power. Our Certified Strength & Conditioning Coaches have over ninety (90) years of combined coaching experience. Along with our orthopedic physicians, PT's, ATC's, Sports Nutritionist and the Sanford Sports Performance Lab, we offer the most integrated and comprehensive sports performance programming available.

Details:

WHO: Offered to **Sioux Falls Swim Club Blue 2 & 3** athletes

WHAT:

- Customized Sports Performance Programming
- Emphasis on foundational strength, shoulder/core stability, improved posture, increased power and injury reduction exercises through ground based training.
- Sports Nutrition Education team presentations available: *(additional fee)*
- Access to Sanford Sports Performance Lab Services: *(additional fee)*

WHEN: June 1st – July 21st, 2026 Monday / Tuesday / Thursday 10:00am – 11:00am
Sessions are held at the Sanford Fieldhouse and hosted by [Sanford Sports Performance](#)

FEE: Fee of \$391.00/athlete (price includes tax) / No make-up sessions or pro-rated amounts. Payment made to Sioux Falls Swim Team.

Register & complete paperwork at: [Sanfordsports.com](#)

*Select "Program" and "Add to Cart"

*Become a "Guest" or Enter your username and password

If you have any questions please contact *PERFORMANCE* at (605) 312-7800