

MASTERS SWIMMING

THE MASTERS PROGRAM WILL FOCUS ON STROKE REFINEMENT AND ENDURANCE. PEOPLE OF VARIOUS AGES AND ABILITIES ARE ENCOURAGED TO SIGN UP. IT WILL PROVIDE AMPLE OPPORTUNITIES FOR INDIVIDUALS TO INTERACT WITH OTHERS AND HELP BUILD IMPORTANT SWIMMING SKILLS.

- ◆ **FOR BEGINNER OR EXPERIENCED SWIMMERS**
- ◆ **1500-3500 YARDS DEPENDING ON ABILITY**
- ◆ **WORKOUT POSTED ON WHITEBOARDS TO ACCOMMODATE SWIMMERS**

"PRACTICES"

TUESDAY & FRIDAY 6:30 – 7:30 AM
TUESDAY & FRIDAY 9:00-10:00AM

*** ADDITIONAL FLEXIBLE TIMES AND WORKOUTS
CALL BRIAN**

FALL SESSION SEPT 11TH-NOV 15TH
WINTER SESSION JAN 8TH-MARCH 21ST
SPRING SESSION MARCH 25TH-MAY 16TH

MEMBERS - - - - > \$ 139 (FALL/WINTER)
\$ 98 (SPRING)
NON-MEMBERS - - - -> \$225 (FALL/WINTER)
\$158 (SPRING)

**SIGN-UP AT FRONT DESK OR CALL
(508)366-1222**