



MASTERS SWIM

FITNESS & TRIATHLETE TRAINING

Monday/Wednesday/Friday

4:45 - 6 a.m. & 11:45 a.m. - 1 p.m.





US Masters Member

\$25/month

Non-Member

\$30/month

*Participants must register
for this course monthly.*

-  **Adult Swim Club**
-  **Coaching on strokes, drills, workouts**
-  **Competition Optional**
-  **Ages 18+ regardless of skill level**