



STRIVING FOR EXCELLENCE

ADULT FITNESS SWIM PROGRAM



- Fitness Swimming
- Competitive Swimming
- Open Water Swimming
- Triathlon Swimming

Our goal is to help you achieve your swimming and fitness goals! Join us for expert coaching, technique instruction, camaraderie and much more!

Our Certified Masters Swim Coach will work with you to optimize not only your overall level of fitness and speed, but your swim techniques for your specific interests.

Adult Fitness Swim Program is for anyone 18 years and older.



CURRENT ADULT FITNESS SWIM SCHEDULE

Fee: Y Members \$40/mo. Non-Memb. \$60 mo.

Mon/Wed/Fri 10–11AM

Fee: Y Members \$34/mo. Non-Memb. \$51 mo.

Tue/Thur 11AM -12 PM

Tue/Thur 5:30 -6:30 PM

Our Adult Fitness Swim Program is registered and/or affiliated with US Masters Swimming, the national governing body for adult swimming. All USMS members receive SWIMMER magazine and are eligible for special offers from sponsors, plus full access to all online training and social resources and much more! Visit usms.org. *Registration with USMS is encouraged, but not required.*

