

#ReadyGoSwim

& ADULT GROUP SWIM

CREATING STRONGER, FASTER SWIMMERS!

Swimming is an excellent workout for adults of all ages and levels! Whether you're just learning to swim or wanting to improve your strokes, our adult swim programming classes will keep you moving, while enjoying your workout!

- **ADULT LEARN-TO-SWIM**

You'll learn introductory and basic water safety & skills to help you feel more comfortable and enjoy the water. The program includes elementary aquatic skills like breath control, floating and kicking independently.

- **ADULT STROKE SCHOOL**

You'll improve and develop your strokes in the pool, including Freestyle and Backstroke fundamentals. Swimmers will practice breathing to the side, coordinating arms & legs and swimming the distance of the pool.

- **TSUNAMI MASTERS**

Perfect for adults who love the swimming lifestyle! You'll enjoy 90-minute coached swim workouts, clinics, social events, competition opportunities and much more! **For more information, contact Art Vera at avera@sportandhealth.com.**

• **December Session: December 2 - December 28**
• **January Session: January 4 - January 29**
• **February Session: February 1 - February 26**

RATES: Four 45 Minute Swim Lessons

• **Member: \$135**
• **Nonmember: \$195**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Learn-to-Swim 7:00p-7:45p	Tsunami Masters 6:15a-7:15a Continuous schedule	Learn-to-Swim 7:00p-7:45p	Tsunami Masters 6:15a-7:15a Continuous schedule		Tsunami Masters 6:15a-7:15a 11:30a-12:30p Continuous schedule	Tsunami Masters 6:00a-7:00a Continuous schedule
Stroke School 7:00p-7:45p		Stroke School 7:00p-7:45p			Learn-to-Swim 10:45a-11:30a	
		Tsunami Masters 7:00p-8:30p Continuous schedule			Stroke School 10:45a-11:30a	

For more information, please contact our ALTS@sportandhealth.com



Visit us at sportandhealth.com/swim!

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