

#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](mailto:avera@sportandhealth.com).**

- **January Session: January 4 - January 29**
- **February Session: February 1 - February 26**
- **March Session: March 1 - March 27**

**RATES: Four 45 Minute Swim Lessons**

- **Member: \$135**
- **Nonmember: \$180**

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

For more information, please contact our [ALTS@sportandhealth.com](mailto:ALTS@sportandhealth.com)



Visit us at [sportandhealth.com/swim!](http://sportandhealth.com/swim!)

sport&health