

#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**

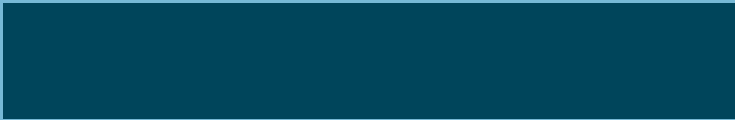
You'll learn introductory and basic water safety & skills to help you feel more comfortable and enjoy the water. The program includes elementary aquatic skills like breath control, floating and kicking independently.

• **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.**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Visit us at sportandhealth.com/swim!

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