



Masters Swimmers

Join our MASTERS SWIM TEAM and participate in group swim workouts, competitive swimming and lifelong fitness!

Masters Swim Team

Tuesdays & Thursdays: 7:00 – 8:15 pm

Sundays: 5:00 – 6:15 pm

Lap Pool

Coach Vicki Catlin / Thursdays
Coach Brandon Ghrist / Sundays

- Includes printout of practice workouts to record progress
- Improve swim stroke, fitness train for events & make friends!

Members: Free / Non-Members: \$40 per month (practices only)

~ All levels welcome ~

(Minimum age 19)

For more information:

Mary Duke Connell, Aquatic Director
896-3900 x132

