



MASTERS SWIM CLASS FOR ADULTS AGE 19+

Session 1 2019 Dates

September: 24th, 26th, 28th

October: 1st, 3rd, 8th, 10th, 13th, 15th, 17th, 22nd, 24th, 26th, 29th, 31st

November: 5th, 7th, 10th, 12th, 14th

Times: Tuesday/Thursday 5:30-6:45 am, Weekend 7:30-9:00 am

The program will offer three sessions over the course of the school year. Each session will run for 8 weeks and has a total of 20 classes. There will be a mini fourth session offered during the month of June that will run 4 weeks. Session dates are updated in advance as they include four weekend options each time. The program will offer various levels which include:

Comprehensive: people capable of swimming all four strokes who seek continued skill improvement. Intended for individuals seeking workouts on set intervals - focus aerobic and anaerobic. Masters Competition could be a consideration for this group down the road.

Fitness: people looking to improve swim endurance. Freestyle will be the focus of this programming. Open water swim concepts will be offered in workouts.

Novice: individuals desiring a new form of aerobic exercise that are able to swim on their own.

COST: \$25.00 punch card good for 10 classes; \$110 for yearly membership; \$3.00 drop in session

Drop in anytime during the session to try the program out! Times are flexible to come and go. Workouts are provided for each class with various difficulty levels. The workouts can be done independently or with a group.

Are you ready to sign up or have any questions?

Contact Cory Moser at coryill.moser@wrps.net or by phone at 715-952-3915.

