



MASTER SWIM PROGRAM

**Mondays, Wednesdays, Thursdays
6:30-7:30 pm**

**2 SESSIONS
AVAILABLE FOR
REGISTRATION**

**Fitness Center Indoor Pool
Instructors- Bobby Frey,
Ben Chandlee, Donna Smith**

Are you looking to increase your endurance, strength, and/or fine tune your strokes? The Master Swim program is geared towards helping you reach those goals with our 1 hour swim practices offered three times a week. These workouts are geared towards adults; but may be suitable for those 16 years or older who have previously participated on a competitive swim team, who are novice, advanced swimmers and tri-athletes. Each class will focus on a unique workout.

Recommended Equipment: Swim Cap, Goggles, Fins, Pull Bouys, Kickboards, Paddles. Sea Colony can provide Fins, Pull Bouys, Kickboards and Paddles if needed.

Session ONE: 2/3 - 3/19 @ Fitness Center Indoor Pool • \$130• Must register before Jan. 20

Session TWO: 3/23 - 5/21 @ Fitness Center Indoor Pool • \$130• Must register before Mar. 9

No Class April 13, 15, 16, 20, 22, 23

MAX OF 16 Participants per Session • Drop ins available- \$9 per class • For more info: 302.539.4511