



SNOHOMISH AQUATIC CENTER ~ INTRO TO ~ MASTERS



Are you currently swimming for fitness, but want to be a part of a team? Have you heard about masters swimming, but aren't sure what is involved? This program is for you!

U.S. Masters Swimming is an often misunderstood term. Masters teams create workout group opportunities for adults of all ages and abilities. Whether you're a lap swimmer looking to transition to a more structured practice environment, or a swimming beginner looking to swim for fitness, this program is for you! Spend time with one of our highly qualified coaches learning about efficient freestyle and backstroke technique, how to maximize your fitness swim time, and reading and understanding coach prepared workouts. You'll also get an introduction to breaststroke and butterfly, and finish feeling prepared for fun fitness opportunities with like-minded people, and comfortable joining a U.S. Masters Swimming team!

Details

- Begins Wednesday, October 14 (five weeks)
- Wednesdays from 8 – 9 p.m.
- Maximum capacity – 6
- Register online at www.snohomishaquatic.com or register in person at our Welcome Desk.
- Cost of the five-week session is \$149.99.

SNOHOMISH
AQUATIC
CENTER

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