

MASTERING MASTERS

Learn how to turn your lap swimming into a workout



Want to enjoy all the benefits and camaraderie of Masters Swimming but just don't know how to get started? Mastering Masters will introduce you to all you need to know, including, using the pace clock, understanding workouts, circle swimming and turns.

This class is for YOU - if you would like to improve your swimming and get more conditioning out of your lap swimming.

Tuesday, 5:30-6:30pm
November 1 - December 13

(No class Thanksgiving week - Tuesday, November 22)

Instructed by Karyn Scherer
\$70 members / \$95 nonmembers
Sign-up at the Front Desk