Masters Swim Program

October 24-December 14, 2022

Mondays and Wednesdays (8 weeks)
11:00-12:00 pm or 6:15-7:15 pm

Cost:
$75.00 ($100.00 non-members) - before 10/20/22

The Masters Swim Program is designed for the lap swimmer looking for a challenge or a triathlete looking for a change in pace in their workouts or a past competitor looking for a way to stay in shape.

The Masters swim program is available to all members regardless of age or speed.

These structured practices provide a positive environment and coaching necessary to succeed and also provide a great social outlet for all involved.

Instructors: Kathy Grady & Jadon Johnson

Location: 49th and Oxbow Avenue

Space is limited. Sign up in the Sanford Wellness Center Sales Office

For more information contact: kathy.grady@sanfordhealth.org

WELLNESS CENTER
SANFORD HEALTH

014005-00727 9/20