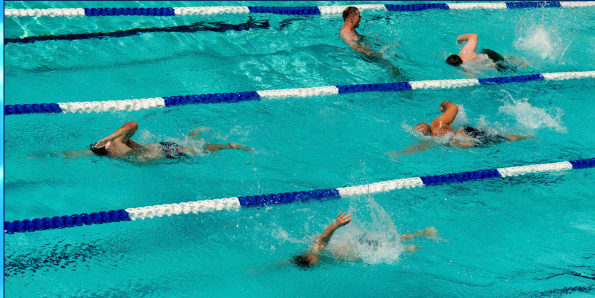
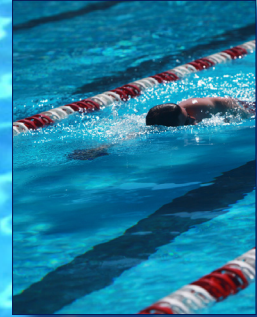


# MASTERS SWIM

*Masters Swim is a blend of fitness and competitive swimming for adults 18+. The regular structured workouts use techniques of interval training in an atmosphere of fun, fitness, friendship and participation.*



## **CLASS SCHEDULE**

- Tuesday w/Roger
- Wednesday w/Laura
- Thursday w/Roger
- Friday w/Laura

**@ 6:15am**

