

# Masters Swim Program

## October 22<sup>nd</sup> -December 12<sup>th</sup>, 2018

**Mondays and Wednesdays (8 Weeks)**

11:00-12:00 pm or 6:15-7:15 pm

**Cost:**

**\$50.00 (\$100.00 non-member) (before 10/17/18)**

**\$75.00 (\$125.00 non-member) (after 10/17/18)**

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 Master's 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 & Megan Koepf

**Location:** Oxbow Location

**Space is limited!**

**Sign-up in Sanford Wellness Center Sales Office**



For more information contact: [Kathy.grady@sanfordhealth.org](mailto:Kathy.grady@sanfordhealth.org)