

Masters Swim Program

October 22nd -December 12th, 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