# Masters Swim Program

## October 26-December 17, 2020

### Mondays and Wednesdays (8 weeks)
### 11:00-12:00 pm or 6:45-7:45 pm

**Cost:**
**$50.00 ($75.00 non-members) - before 10/21/2020**
**$75.00 ($100.00 non-members) - after 10/21/2020**

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

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