

Masters Swim Program

January 6-March 26, 2025

Mondays and Wednesdays

11:00-12:00 pm or 6:20-7:20 pm

Cost: \$125.00 (\$175.00 non-members) - before 12/30/24

Registration Link: <https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx>

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 & Oxbow

Space is limited

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

