

# ***Masters Swim Program***

**March 31-May 21, 2025**

**Mondays and Wednesdays**

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

**Cost: \$100.00 (\$150.00 non-members) - before 3/26/25**

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](mailto:kathy.grady@sanfordhealth.org)

