

# Masters Swim Program

## January 7<sup>th</sup> – March 27<sup>th</sup>, 2019

**Mondays and Wednesdays (12 Weeks)**

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

**Cost:**

**\$75.00 (\$120.00 non-member) (before 12/27/18)**

**\$100.00 (\$145.00 non-member) (after 12/27/18)**

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)