



# Adult Swim Training

**Meet for a structured workout with a coach. This is open to all adult swimmers (fitness, competitive, and non-competitive) who are dedicated to improving their fitness through swimming.**

## **Practices:**

**Tuesdays at 7:30pm**

**Wednesdays at 6:00am (starting 9/9)**

**Fridays at 6:00am (starting 9/11)**

## **Fees:**

**\$11/day members**

**\$13/day non-members**