## ADULT SWIM WORKOUTS

An organized swimming workout for adults with a coach on deck

## **Practice Schedule:**

Monday	5:30-6:30 am	Mike
Wednesday	5:30-6:30 am	Mike
Friday	5:30-6:30 am	Mike



## **Prices:**

Center or All County Membership	Included
Daily Fee	\$7.00

Come get a great workout!

## Workouts focus on:

- \*Triathlon conditioning
- \*Stroke improvement
  - \*Stroke Confidence
    - \*Fitness
    - \*Endurance
    - \*Breathing
      - \*Kicking
    - \*Race Technique
    - \*Starts and turns



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https://recreation.slco/genefullmer