

Masters

Adult Swim Group



This is a group for those looking for a structured workout, or help with stroke improvement. A great way to stay in shape, train for an upcoming race, or just have fun swimming laps.

Sessions Held:

T/Th/F 12pm-1pm

A USMS Swim Coach is available to help during this time.

Included in membership or day-pass!!!

Northwest Recreation Center
1255 Clark Ave
Salt Lake City, UT 84116

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Questions??? Contact Josh Reusser: jreusser@slco.org



For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or ahaddow@slco.org.