

SWIM LOUISIANA

NEWS!

ADULT MASTERS GROUP

STARTS AUGUST 24th, 2009!

Swim Louisiana is proud to announce that we are beginning a Masters Group this August! It's open to ANY adult (21 & up) swimmers who are looking for some people to swim with.

The Masters Group is great for adults who swim laps on their own, triathletes who train by themselves or in small groups, anyone looking to improve their swimming fitness and conditioning, anyone looking to add swimming to their fitness routine, or anyone who just wants to come swim and have some fun.

The coaches will focus on fitness and stroke mechanics of primarily freestyle. Other strokes can be worked on at the individuals request, but freestyle will be the primary focus.

Group fees are \$60 month, and everyone gets a Swim Louisiana cap!



SWIM LOUISIANA MASTERS GROUP

SCHEDULE

MONDAY	5:00-6:00A
TUESDAY	5:00-6:00A
WEDNESDAY	OFF
THURSDAY	5:00-6:00A
FRIDAY	5:00-6:00A
SATURDAY	OFF

Swimmers should bring a swimsuit, goggles, cap waterbottle and towel to practice each day.

CALL 263-3182

FOR MORE INFO