



MASTERS

19/OLDER

ADULT SWIM PROGRAM

OVERVIEW

Description	This program is for adults who desire fitness swimming. A wide range of ability levels will be members - former youth competitive swimmers, triathletes, beginners, anyone who desires swimming for health and wellness. This is an individual, desire-based program. Members of this program will determine their own participation level.
Skills Needed	Able to comfortably enter the water and swim at least one stroke for 25 yards
US Masters Membership	All Masters members must register annually with US Masters online (individually)
Practices	Offered four mornings per week at Eden Prairie Community Center
Equipment Needed	All equipment use is optional (swim fins, snorkel, hand paddles, kickboard)
Meets	Masters meets are available if desired

LEAD COACH

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