



## Full Spectrum Program

As one of Enfinity's several aquatics offerings, the Masters Swimming program is designed to fit the complete spectrum of swimming objectives.

Within our Greensboro Masters Group, you will find members ranging from triathletes, through swimmers training for both general fitness and adult competition. You will find our program is a friendly group which welcomes those of any skill level.

## Training Benefits

- Structured daily workouts
- Both Individualized and group coaching
- Daily technique/drill focus
- Different & unique workout every day
- Training @ GAC / Greensboro College

## Program Rates

- Individuals: \$85.<sup>00</sup>
- Couples: \$110.<sup>00</sup>
- Students: \$37.<sup>50</sup>

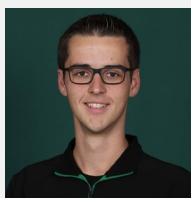
## Program Benefits

- Morning workouts for working professionals
- Small groups (10-20 swimmers)
- Swim with others of a similar skill level
- Optional competitions
- Team Socials :)
- Great camaraderie

## Year Round Training Schedule

		Mon	Tue	Wed	Thu	Fri
SCHOOL YEAR	Pool	<b>GAC</b>	<b>GAC</b>	<b>GAC</b>	<b>GAC</b>	<b>GAC</b>
	Time	5:15-6:45 AM	5:15-6:45 AM	OFF	5:15-6:45 AM	5:15-6:45 AM
	Coach	Michael Kirby	Michael Kirby		Michael Kirby	Michael Kirby
SUMMER	Pool	<b>GAC</b>	<b>GAC</b>	<b>GAC</b>	<b>GAC</b>	<b>GAC</b>
	Time	6:00-7:00 AM	6:00-7:00 AM	6:00-7:00 AM	6:00-7:00 AM	6:00-7:00 AM
	Coach	Michael Kirby	Jennifer Buckley	Michael Kirby	Jennifer Buckley	Michael Kirby

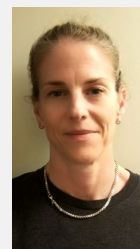
## The Coaches



Michael Kirby

The enfinity Masters Swimming program provides members decades of coaching and competitive experience. The advanced technical knowledge and training philosophies of our coaches uniquely supports the pursuit of member specific goals.

Learn more @ [www.enfinityhealth.org](http://www.enfinityhealth.org)  
(On menu select "Masters")



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