SASO Swimming

Summer Masters Fit Schedule
June 11-July 27

All practices at Solano College.

All swimmers MUST be registered with SASO masters as well as Pacific Masters
Drop-in swimmers (visiting) must have prior communication with head coach.

Mornings

Mon-Thu	7:15-8:30 am	Long Course	
Fri	7:15-8:30 am	Short Course	(check email-occasionally LC)

Afternoons

Mon-Thu	4:00-6:00 pm	Short Course
Fri	5:00-6:15 pm	Short Course

*Check weekly emails for more info/schedule adjustments

**All summer workouts are masters fitness-supervised not coached workouts

Check our website for coached masters workouts this fall!!!