

SEMPER NATARE - ALWAYS SWIM

MASTERS SWIMTEAM

JOIN AT
ANYTIME

TRAINING TANK
(BLDG. 1508)

MORNING PRACTICE SESSIONS 5 - 6AM

Masters sounds intimidating but it simply means 18 and older. Skill levels range from lifelong swimmers to newbies. Swimming provides a high intensity, low impact cardiovascular workout and is beneficial for those that are in recovery or with joint issues. You may join at any time.

PRACTICES ARE YEAR ROUND. FREE TO ACTIVE DUTY.
MONTHLY FEE OF \$15. U.S. MASTERS SWIMMING FEES APPLY

For more information,
call 760.830.6212
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