



MASTERS

# ADULT SWIM TRAINING

## BREAKTHROUGH TO THE NEXT LEVEL!

**Individual Instruction**

**Variable Swim Training**

**Stroke Correction - For Efficiency & Injury Prevention**

**Two Groups Offered: Distance Free Training & Stroke Mix and Sprints**



**Quality programming at an affordable price!**

**PER DAY  
\$10**

**PER WEEK  
\$18**

**PER MONTH  
\$70**

In partnership with



**WEEKLY ADULT SWIM CLASS  
EVERY TUESDAY & THURSDAY  
Glendale Pacific Pool**

**7:00-8:00am  
12:00-1:00pm**

**CLASS RUNS MARCH 10 - JUNE 11**

**REGISTER NOW ONSITE AT PACIFIC POOL!**