



## New Master's Swim Class Offering for Adults

Something **new!** The Community Swim Program is pleased to announce a new offering starting this fall – the Master's Swim Class for adults 21 years of age and older. This program will:

- ◆ Help former swimmers continue to improve and compete in aquatics
- ◆ Offer adults a non-weight bearing option for maintaining cardiovascular health
- ◆ Guide the aspiring triathlete in his/her quest to develop swim endurance

Various levels in the program include comprehensive, novice, and fitness:

**Comprehensive:** people capable of swimming all four strokes who seek continued skill improvement. Intended for individuals seeking workouts on set intervals - focus aerobic and anaerobic. Masters Competition could be a consideration for this group down the road.

**Novice:** individuals desiring a new form of aerobic exercise. All four strokes will be coached. Emphasis will be placed on use of equipment to hone technique and develop fitness.

**Fitness:** people looking to improve swim endurance. Freestyle will be the focus of this programming. Open water swim concepts will be instructed depending upon interest.

Session 1 fall dates run from **September 17 to November 8** and session times are 5:45-7:00 a.m. on weekdays and 7:45-9:00 a.m. on weekends.

Fall Dates - Session 1:

9/17, 9/20, 9/22, 9/24, 9/27

10/2, 10/4, 10/7, 10/9, 10/11, 10/16, 10/18, 10/20, 10/23, 10/25, 10/30

11/1, 11/4, 11/6, 11/8

**Cost is** \$25 for a punch card good for 10 classes, or \$45 per session if enrolled through a monthly membership, or \$110 for access to all four sessions (yearly membership). [Enroll today](#) as registration ends August 19<sup>th</sup>! Questions? Contact Cory Moser at 715-952-3915 or by email [coryill.moser@wrps.net](mailto:coryill.moser@wrps.net).

