



Masters Fitness Swim Class

WHAT This 3 month program is designed for swimmers of all levels, abilities, and interest. Whether you swim like a fish or are a fish out of water, this class will give you the opportunity to totally immerse yourself. Give it a try, you will love it!

WHEN September 1, 2010 through December 1, 2010
 ❖ Monday and Thursday 9am-10am
 ❖ Tuesday and Friday 5:45am-6:45am

WHERE 6 Lane Pool and 8 Lane Pool

HOW Register with the Concierge. 985-626-3706 ext.# 125

WHO Members and Non-Members

COST PAC Member fee \$100 (3 month program)
 Non-Member fee \$140 (3 month program)

CONTACT PHONE: (985) 626-3706 ext. 104 Speak with Coach Cary Stickles
 E-MAIL: swim@thepac.com

MORE INFO We train beginner swimmers, competitive masters swimmers, tri-athletes and advanced fitness swimmers. Workouts consist of stroke technique, conditioning, pacing and efficient training in endurance and speed concepts.



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 ATHLETIC CLUB