



Masters Workouts

Fall Schedule September - November 2017

Tuesdays 6:00-7:00am

Thursdays 6:00-7:00am

Fridays 6:00-7:00am

Schedule subject to change

The What: 60-minute workouts in the Valley's best indoor pool. Many workouts **coached**, but always the **camaraderie** of a group of like-minded **adults**. Great for **all ability levels**. Drop-in whenever you can **no commitment**.

The How:

10-workout punch cards available with Swim Center membership (\$20) or Program Pass (\$80). Single-visit drop-ins for \$3 (members), \$9 (program pass), or \$12 (non-members). Affiliation with US Masters not required.

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