



# Masters Workouts

## Winter Schedule December '17 - February '18

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.

**995 Hopmeadow Street, Simsbury, CT 06070**  
**860.408.3021 • [www.swimcenter.net](http://www.swimcenter.net)**