

GAC ADULT AQUATICS

Coached Swim Workout

ARE YOU INTERESTED IN...

- Adding lean, muscle mass to most major muscle groups and building a strong core?
- Increasing flexibility and boosting your metabolism?
- Attaining a great cardiovascular workout without the impact on your joints?

Consider adding **COACHED SWIM WORKOUT** to your fitness regime one to three times a week.

Workouts are:

- Open to swimmers of all speeds
- Guided by a qualified coach
- Focused on improving strokes, increasing fitness levels in order to meet you health goals.
- Adult oriented



Days	Times	
Mon/Wed	5:45 — 7 a.m.	
Saturday	7:30—9:00 am	
Cost/Month	Member	Non-member
1 day/week	\$25	\$50
2 day/week	\$40	\$65
3 day/week	\$50	\$75

To register or for more information, contact Jessica Haney at (810) 606-7817.

Monthly registration is required.

Participants should be able to swim a minimum of 600 yards (24 lengths of the pool)

This program is not intended to teach adults how to swim



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eepurl.com/MK3t

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