



## **INTRO TO MASTERS Winter/Spring 2010**

Intro to Masters is a class for swimmers and multi-sport athletes looking to join a masters program or improve their skills. Swimmers will be coached on interval training, drills for strokes, basic workout skills, etiquette and equipment use. Interested swimmers should be able to swim 200 yards of continuous freestyle and be comfortable swimming in the deep end of the pool.

Classes will be limited to 10 swimmers. Swimmers who complete the class are encouraged to try CSC Masters-Sunnyvale and will receive 2 free drop-in swims.

### **Class Days & Times**

### **Fees**

February 2-February 25

Tuesdays and Thursdays 7:00-8:00 am

\$67 Residents/\$77 Non-Residents

March 2-March 25

Tuesdays and Thursdays 7:00-8:00 am

\$67 Residents/\$77 Non-Residents

March 30-April 30 (no class April 13/15)

Tuesdays and Thursdays 7:00-8:00 am

\$67 Residents/\$77 Non-Resident

**California Sports Center also offers youth and adult swim lessons, a masters swim program, adult lap swim, and adult drop-in water polo. Call us for more details.**

**Sunnyvale Swim Complex at Fremont High School**

**1283 Sunnyvale-Saratoga Road (in Sunnyvale)**

**(408) 732-2257**

**[www.calsportscenter.com](http://www.calsportscenter.com)**

**Providing the opportunity to become the best you can be – since 1987.**