



INTRO TO MASTERS

Spring 2012



Intro to Masters is for swimmers and multi-sport athletes looking to join a masters program or improve their skills. Swimmers will be coached on interval training, drills, basic workout skills, etiquette and equipment use. Interested swimmers must be able to swim 400 yards of continuous freestyle and be comfortable in the deep of the pool.

*Price for SVTC members is \$70. Members must show their SVTC membership card when signing up for each class (or first day of class if online sign-up)

Classes will be limited to 10 swimmers. Swimmers who complete the class will receive a free drop-in swim with CSC Masters-Sunnyvale. A minimum of 5 swimmers are required to offer each class.

Class Days & Times

Jan 31-Feb 23

Tuesdays and Thursdays 7:30-8:30 am

Feb 28-Mar 22

Tuesdays and Thursdays 7:30-8:30 am

Mar 27-Apr 26*

Tuesdays and Thursdays 7:30-8:30 am

*No classes April 16 and 18

Fees

\$73 Residents/\$83 Non-Residents

\$73 Residents/\$83 Non-Residents

\$73 Residents/\$83 Non-Residents

Sunnyvale Swim Complex at Fremont High School
1283 Sunnyvale-Saratoga Road (in Sunnyvale)
(408) 732-2257



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