



SUMMER MASTER'S SWIMMING

MWF 6:00-7:30am
May 15-September 15, 2008

Come join the few, the proud, the nutty as we try to get more physical training in before 7:00am than most do all week. This summer, we are launching a new swim program for adults who are looking for serious training in a fun atmosphere....Great for open water swimmers, triathletes or those just seeking fitness!

Workouts:

- Each workout will present under the glorious sunrise at the beautiful 4Seasons competition pool. Six lanes will be available for our practices. Orange juice will be served at the end of session.
- Each workout will be guided by experienced USS coaches who will provide both instruction and motivation as they are in the pool swimming.
- Each workout will be structured and can be tailored to meet the ability of those swimming and will generally be comprised of 2,000 to 4,000 meters of swimming. Each workout will contain warm-up, drill, endurance, kick and warm-down sets.
- Monday "Bricks" (1K swim, 40K bike) will be offered for interested triathletes.

Cost:

- Members of 4Seasons: Absolutely Free!
- Non-members: \$40 per month "drop in" fee or \$130 for the entire summer. Non-members will only be allowed to use the pool and locker rooms from 5:30-7:30am on Mondays Wednesdays and Fridays.
- Payments due on 15th of May, June, July, and August for the next month. Please make checks payable to "CATS" or Carroll Aquatics.

Contact:

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