Carlsbad Parks & Recreation Department

Masters Swim Program

It's for Everyone!

Whether you want to compliment your existing workout, or just get that extra bit of motivation, the Masters Swim Program can help you meet your fitness needs.

- Coaching tailored to your individual ability
- Swimmers of all levels welcome
- Perfect for cross-training, conditioning or increasing overall fitness
- Supervised, structured workouts available:
  Mon.-Fri.: 6:00 am - 7:15 am & 12:00 pm - 1:15 pm
  Saturday: 8:00 am - 9:15 am

Start a new workout today!

Fee: $4 R / $6 NR per workout

Convenient monthly rates available.

For more information:

*Call the **Monroe Street Pool** at **(760) 602-4685** or visit online at **www.carlsbadconnect.org.***

CITY OF CARLSBAD

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