



Swim into Fitness in 2019!

The City of South Lake Tahoe Recreation Services is offering a U.S. Master Swimming program beginning July 30, 2019. The program is tailored to those looking to improve fitness, work on swim technique, train for competitions, or simply meet like-minded swim enthusiasts. The program is open to ages 18 and up. For additional information about the program call (530) 542- 6096 or email the coach Derek directly at DBeller@cityofslt.us

MASTER SWIMMING PROGRAM

DAYS/TIME:

Tuesdays and Thursdays from 7am-8am

DATES:

Session B: July 30 – September 5th , 2019

COST:

\$10.00 drop-in

\$60.00 for entire session

(all fees include pool use fee and coaching)

COACH: Derek Beller, USMS Certified Coach

