



CITY OF SOUTH LAKE TAHOE  
Recreation Services



## Swim into Fitness in 2020!

The City of South Lake Tahoe Recreation Services is offering a U.S. Master Swimming program. 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](mailto:DBeller@cityofslt.us)

### MASTER SWIMMING PROGRAM

#### DAYS/TIME:

Tuesdays and Thursdays from 7am-8am

#### DATES:

Session A: January 7<sup>th</sup> – February 13<sup>th</sup> ,2020

Session B: February 25<sup>th</sup> – April 2<sup>nd</sup> ,2020

#### COST:

\$10.00 drop-in

\$60.00 for entire session

(all fees include pool use fee and coaching)

COACH: Derek Beller, USMS Certified Coach

