



Adult Swim Opportunities!

Adult Swim Lessons

Overcome your fears and gain comfort and skill in the water. Whatever the reason, there is no time like the present to get in the water. Enjoy the fitness and leisure opportunities that swimming has to offer. Classes are offered throughout the year on Tuesdays & Thursdays. Check the front desk for times and start dates. Fees are \$35 for City Residents and \$58 for Non-City Residents for 8 lessons.

Adult Swim Clinic & Workout

Do you enjoy lap swimming but need to improve your strokes a bit? This is the place for you! Your coach will use drills, stroke correction and workouts to help you get the most out of your lap swim time.

Monday, Wednesday & Friday **7:30-8:15 am** and Monday & Wednesday **7:30 - 8:15 pm**
Starts August 30! Purchase a wristband and come out on deck.

Masters Swimming with Grand Strand Masters

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, tri-athlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. Participation in meets is encouraged, but not required. Join the group for fitness, stroke development, motivation, competition and fun! Come and try it out any time as this group is ongoing.

Monday, Wednesday & Friday **6:30 - 7:30 am** and Tuesday & Thursday **7:30 - 8:30 pm**
Purchase a wristband at the front desk and come out on deck. United States Masters Swimming membership is required to provide liability insurance. USMS fees are \$35 per year payable at <http://www.usms.org/reg/>.