



Palm Beach Masters Swimming

*An Adult Swimming Program for Fitness Swimmers, Triathletes,
Competitive Masters Swimmers & You!*

Palm Beach Masters offer an inspiring team atmosphere, organized pool & open water workouts, competitions, clinics & social functions for swimmers aged 18 and over. Highly qualified coaches provide one on one instruction to help swimmers of all skill levels improve technique & train for personal goals.

We offer morning, mid-day, & evening workouts at 3 locations:

- **North County Aquatic Complex - Jupiter**
Tuesdays thru Fridays: 5:30am & 6:45am
Tuesdays & Thursdays: 11:30am
Mondays & Wednesdays: 7:15pm
Saturdays 7:30am & 8:45am
- **Lake Lytal Family Aquatic Center - West Palm Beach**
Mondays thru Fridays: 5:00am & 6:15am
- **Aqua Crest Pool - Delray Beach**
Mondays thru Fridays: 5:45am & 7:00am
Wednesdays & Fridays: Noon
Mondays, Tuesdays, & Thursdays: 6:30pm
Saturdays: 7:30am
- *Open water group swims offered seasonally. Check calendar online*

- \$60/month, swim unlimited
- \$30/month, swim once per week
- \$90/month per married couple, both swim unlimited
- \$10/workout, drop-in fee for visitors

Swim free for first week! See how much fun you will have group training, & discover how quickly you will improve! We are the team for everyone - from beginners seeking to increase fitness, to racers intent on setting a world age group record. Enjoy the Wahoo Life!



www.PalmBeachMasters.org

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Linda Irish Bostic, Head Coach