



# 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.

## **Morning, mid-day, & evening workouts at 3 locations:**

- **North County Aquatic Complex - Jupiter**  
Tuesdays thru Fridays: 5:30am & 7:00am  
Tuesdays, Thursdays & Fridays: 11:00am  
Mondays & Wednesdays: 7:30pm  
Saturdays 5:45am & 7:00am
- **Lake Lytal Family Aquatic Center - West Palm Beach**  
Mondays thru Fridays: 5:00am & 6:15  
Saturdays: 8:15am
- **Aqua Crest Pool - Delray Beach**  
Mondays thru Fridays: 5:45am & 7:15am  
Wednesdays & Fridays: 10:30am  
Mondays, Tuesdays, & Thursdays: 6:30pm  
Saturdays: 6:00am & 7:15am

*Workouts must be reserved online in advance via the WAHOO APP.*

- \$60/month, swim unlimited
- \$30/month, swim once per week or unlimited for ½ month
- \$90/month per married couple, both can swim unlimited
- \$10/workout drop-in visitor fee.

**Swim free for a 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](http://www.PalmBeachMasters.org)**

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