**Palm Beach Masters Swimming**



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

**WHAT:** Palm Beach Masters offers organized swimming workouts, competitions, clinics and social functions for adults aged 18 & over. The program is open to all adults who are dedicated to improving their fitness through swimming. Highly qualified coaches provide 1-on-1 instruction and guidance at every workout to help swimmers improve their technique and train for specific goals. The program provides an inspiring, team atmosphere for a healthy, fun lifestyle and camaraderie of friends.

**WHERE:** Aqua Crest Pool

2503 Seacrest Blvd, Delray Beach, FL 33444

**WHEN:** Year-round

Pool is cooled in the summer & heated in the winter!

**Create your own schedule from 15 workout times each week:**

Mondays thru Fridays: 5:45am-6:45am; 7:00am-8:00am

Saturdays: 7:30am–8:45am

Mondays thru Thursdays: 6:00pm–7:00pm

**COST:** $50 /month per individual, swim unlimited

$25 /month per individual, swim once per week or for ½ month

$75 /month per married couple, swim unlimited

Come see first hand what we can do for you! **Swim free for a week!** Whether you are a beginner wanting a fitness program, a lap swimmer seeking variety, a competitive swimmer looking for a team, or a triathlete needing to improve your swim leg … there is a place for you as a member of the Palm Beach Masters.

For more information contact:

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**www.PalmBeachMasters.org**

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