



# Sea Wolves Masters Swimming

Our year-round adult swimming program is designed for all ability levels. Get feedback on technique, build endurance and strength, and get overall faster! Training can be structured for specific goals such as weight loss, improved fitness, triathlons and other competitions.

## Practice Schedule

**Tuesdays & Thursdays**

**5:30-6:45 am**

Anderson HealthPlex

## 2019 Sessions

January 1 – March 29

July 1 – September 30

April 1 – June 28

October 1 – December 31

Cost per Session: \$95 Members, \$135 Non-members

Contact Alex Lewis, Head Swim Coach, at 233-6412 or [ALewis@mercy.com](mailto:ALewis@mercy.com) to reserve your spot.

513-624-1871  
[MercyHealthPlex.com](http://MercyHealthPlex.com)

