

Granite Falls



Masters Swimming

Tuesday & Thursday 5:30am - 6:30am

Monday & Wednesday 7am - 8am

Monday, Wednesday & Friday 10:30am - 11:30am

Saturday 7am - 8am

Sunday 1pm - 2:30pm

Member - \$20 per month

Non-member - \$40 per month

Drop-In Fee - \$5

Masters Swimming is an organized swim program for adults 18 and over who are dedicated to improving their fitness through swimming. The focus of Masters Swimming is to provide structured, coach-led fitness swimming workouts. These workouts differ from traditional lap swimming in that there is an experienced coach providing stroke technique instruction, endurance training and motivation for adult swimmers.

The coach will adapt the workout to your goals and ability level, while providing a fun, yet challenging group swimming workout. All abilities welcome.

GRANITE  FALLS
SWIM AND ATHLETIC CLUB

For more information contact Blair Crosscup blair@granitefallsclub.com or (919) 562-8895