

# MASTERS



[any swimmer, age 18 and over]

**OCTOBER 2 - DECEMBER 11**

**MONDAYS & THURSDAYS  
8:00-9:00 PM**

## **BARABOO INDOOR SWIMMING POOL**

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- Structured workouts
- Workouts designed to help swimmers improve technique, endurance, and aerobic conditioning
- Training for specific goals such as weight loss, improved fitness, triathlons, or other competitions
- Coach Tim Capp's Certifications: Level I & II Coaching US Master Swimming and Adult Learn to Swim Coaching.

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**REGISTRATION BEGINS:** Monday, September 18, 2017

**REGISTRATION LOCATION:** Baraboo Indoor Swimming Pool

**PROGRAM LENGTH:** 11 weeks = 20 practices

**FEE:** \$60.00 for people having a current seasonal pool pass

\$115.00 for people not having a current seasonal pool pass.

\*\* Registration is limited  
\*\* Must register in person

\*\* Dates and times may be subject to change

\*\* Contact Coach Tim Capps: [tcapps5167@icloud.com](mailto:tcapps5167@icloud.com)

\*\* Pool number: 355-4665 - ask for Heather Wood or [hwood-wegner@barabooschools.net](mailto:hwood-wegner@barabooschools.net)