

Coached Masters Swim Program at Trails

Masters Swim workouts are tailored to your ability and will become more challenging as you improve under the instructive guidance of Coach Jerry O'Mara.

Coached Workouts:

Mon/Wed/Fri:
5:30am, 6:30am, &
10:00am
(10:00am not
offered during
summer)

Sunday:
7:00am

NEW!

Workout Available!
12:30-1:45
at Trails

Members:

\$30 per month

Non-Members:

\$45 per month

Location:

Trails Pool

For any questions, please contact the Aviary Front Desk at (858) 271-6222