

MASTERS SWIMMING PROGRAM

Masters Swimming is coached workouts that are organized into lanes of various abilities of speed and stroke coordination. Team environment provides inspiration while the national affiliation (www.usms.org) offers a venue for competing at meets for those that want to. Many of our swimmers are triathletes looking to improve their swimming technique and endurance. Some compete in local open water races too, like the La Jolla Rough Water swim in early September. Come by Trails and get in a weekday morning swim workout! Call Coach Jerry O'Mara (858) 231-0898 with any questions.

MONDAY, WEDNESDAY, & FRIDAY @ TRAILS

- 5:30 AM
- 6:30 AM
- 8:00 AM

SUNDAYS @ 7 AM

Registration is available at

<https://srsr.com/campbrainregistration.com/>

COST

- Per Month: Members Free