COUNTY OF SANTA CRUZ DEPARTMENT OF

PARKS, OPEN SPACE AND CULTURAL SERVICES

Introduction to Adult Fitness (Masters)

When: Wednesdays & Thursdays: Drop-in between 10:30am-12:00pm

Fee: $7

Where: This class will be held in shallow lanes and one deep lane (if you choose to swim in the deep water)

What you can learn:

- Instruction on all 4 competitive strokes
- Turns open and flip
- How to read and use a swim clock
- How to read/understand abbreviations in an adult fitness workout
- Drills and their purpose
- Intro. to Adult Fitness