

FRISCO I.S.D. MASTERS SWIM CLASS

SWIMMING IS ALL ABOUT HAVING FUN, AND I AM A FIRM BELIEVER THAT YOU SHOULD KEEP SWIMMING AS LONG AS YOU ARE HAVING FUN, BUT I CAN SAY THAT IT BECOMES MUCH MORE FUN AS YOU GET OLDER AND LEARN MORE ABOUT THE SPORT, LIFE, AND ESPECIALLY MORE ABOUT YOURSELF
- SCOTT GOLDBLATT [USA]



Whether you are a triathlete, competitive swimmer, or interested in a different type of workout, this is the class for you! The only requirement is that you must be able to swim 50 yards.

CLASS DESCRIPTION:

This is a class designed for the intermediate to experienced adult swimmer. The focus of this class is to improve technique, strength, and endurance with an emphasis on competitive swim training principles. Pre-designed workouts will be given by a professional swim coach on the pool deck.

Ages: 19 & Up Days: Mon., Wed., and Fri. Time: 5:15am – 6:15am

ONLINE REGISTRATIONS: (Register on the Frisco I.S.D. Natatorium website listed below)

IF YOU WANT TO TRY IT OUT FIRST BEFORE REGISTERING, THE FIRST DAY IS ON US!

FEES: (refer to our web site and select the events calendar for all session dates. Each session consists of 12 classes)

- FISD Employee: \$25.00/session Public: \$35.00/session

HALF SESSION PAYMENTS AVAILABLE: (6 CLASSES)

- FISD Employee ½ session: \$12.50 Public ½ session: \$17.50

FRISCO I.S.D. NATATORIUM

7411 First St.

Frisco, TX. 75034

*Located on the corner of First St.
and North County Rd. next to Staley
Middle School

Phone: 469-633-6160

Fax: 469-633-6165

Web: www.friscoisd.org/natatorium