

Novice

Are you a boater who needs to refine your swimming skills while spending your weekends out on the Lake?

Have you always wanted to learn the flip turns your kids do in swim lessons?

Do you want to enter a triathlon, but the swimming portion seems a bit too daunting?

Then the NOVICE level swim program is right for you! The focus is on learning proper swimming techniques and increasing your endurance, which will make you more comfortable in a water environment.

Intermediate

Do you want to improve your physical fitness or lose weight without stressing and straining on your joints?

Are you looking to add a little something new to your current exercise routine?

Have you done a triathlon or two, but found the swimming portion to be a little harder than you anticipated?

Then you're likely a great fit for the INTERMEDIATE level. The training will focus on getting a good workout while refining your swimming technique.

Advanced

Is your cardio in tip top shape, and you're ready to jump in the pool?

Are you an experienced swimmer looking for an organized group to spice up your workout?

Are you a seasoned tri-athlete looking for a training program to get you in gear for the next big race?

Then come try the ADVANCED level. Workouts will be done on similar time intervals as the other groups, but with a more intense cardiovascular workout to get your heart rate pumping!

This year we're offering a new swim program for adults! Come challenge yourself to improve your physical fitness, learn some new techniques, prepare for your first triathlon, or whatever your individual goal may be.

Sessions are held each Monday, Tuesday and Thursday in the summer from either 6-7am or 7-8am.

Prices: (With a season Pass)
\$45 resident*
\$55 non-resident

(Without a season Pass)
\$60 resident*
\$70 non-resident

Questions? Call Parks and Recreation at 284-5881

*Residency status as established by the Parks and Recreation Department to be those individuals residing in the City of Port Washington.



Register at the Parks and Recreation office or at your first practice.

201 N. Webster
Port Washington, WI 53074



**Adult
Swim-to-Fit**