



# Carmel Valley Rec Center

## Masters & Triathletes Swim Program

Technique and Conditioning

Beginning April 5, 2016

Tuesdays & Thursdays 6:30 – 7:30pm

Wednesdays 12noon – 1pm

Saturdays 2:00 – 3:00pm

Powered by

## Spartacus Training & Racing

Cost: \$15 per class or \$75/month

Includes pool entry fee, as a member of Spartacus Swim group

[SpartacusTrainingAndRacing.com](http://SpartacusTrainingAndRacing.com)



For more information, contact Coach Will:

**(858) 335-9392**