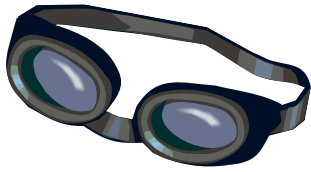


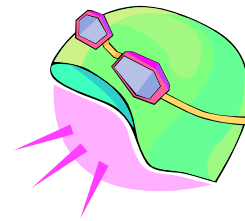
# Masters Swim Team

**Starts: September 8th  
Monday~Wednesday~Friday  
5:30-6:30am**



**The Tri Smart Masters program provides organized workouts, clinics and workshops for adults aged 18 and over. The program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.**

**The program provides structured workouts with a coach on deck to offer well-thought-out training assistance. The Tri Smart Masters program is designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship, and camaraderie.**



**Note: Master does not mean Olympic! This program takes beginner swimmers!**

The Lemont Park District



Fitness & Aquatic Complex

*For more information come to The CORE August 14th & 18th. Coach MJ & Heather Peterson (Aquatics Supervisor) will be there with an information table.*