

A New Program Coming to the NCCRC...



Adult Masters Swimming

Informational Meeting

Wednesday, January 18th @ 5:00 p.m.

- ★ **Discover** the many benefits of swimming through coached workouts, swimming skills and stroke development.
- ★ **Challenge** yourself to specific fitness goals.
- ★ **Share** in camaraderie with fellow swimmers.
- ★ **Exercise** without nagging joint pain.
- ★ **Enjoy** your life to the fullest through Masters Swimming

For More Information www.northrec.org, we're also on Facebook

