

New Wave Masters Swimming

Twice-Weekly Coached Workouts

Saturdays, 9:30 – 10:30 am

Mondays, 7:30 – 8:30 pm

at the Hotchkiss Pool

Winter 2024 Season: January 8th – March 23rd

Ages 18+

Drop ins welcome.

Lap swimmers, triathletes, and open-water swimmers all welcome.

Structured group workouts focus on stroke work
(freestyle, breaststroke, backstroke, and butterfly)
and improving technique

Contact Rick Shanley at newwaverays@zohomail.com for more
information