

MASTER'S SWIM CLUB

Begins Nov. 1 - Capodichino Fit Zone Pool

MWR Aquatics introduces a new Master's Swim Club
for swimmers 18 years and older.



Initially, members will receive daily workouts via email and posted at the Fit Zone Pool. These workouts are designed to be completed on your own schedule, allowing flexibility while you begin to integrate into the team.



As the program develops and the team grows, MWR Aquatics plans to offer workshops, group practices and additional opportunities for skill development to prepare for competition. MWR Aquatics envisions evolving the club into a fully established Master's Swim Team capable of competing in regional and national events.

***MWR Aquatics looks forward to seeing you in the water
and building a strong team together!***

For more information or to registers, email NaplesMWR_aquatics@us.navy.mil.

