

HEALTHWORKS HURRICANES NOW INTRODUCING...



HealthWorks Masters (over 18 years of age) Swimming welcomes swimmers of ALL different swimming ability levels. We try to encourage those that might be embarrassed to be seen in a swim suit, and those who normally water walk to those who aspire to be Ironmen/women as well as pool competitors. We enjoy helping our members improve and achieve their fitness goals. It is amazing how a few laps up and down in a swimming pool can have a positive impact on your well being.

If you have an interest in any of the following, our program would like to help!

- *General Fitness
- *Lap Swimmers
- *Triathlons
- *Swimming Competitions
- *Injury Recuperation
- *Staying Fit
- *Motivation and Support
- *Meeting new friends

We offer on deck coaching (with many years of swimming experience) at all workouts. This keeps your workout on track and provides direction for technique and fitness improvement, as well as motivation.

Workout Schedule:

Tuesday 5:30-6:30PM
Thursday 5:30-6:30PM

Cost:

Registration:	Members= \$75	Non Members= \$100
Monthly Dues:	Members= \$55	Non Members= \$65

HealthWorks Fitness Center is Teaming up with US Swimming.

Your registration cost includes USMS Membership. It provides individuals a subscription to Bi-monthly USMS Swimmer (the official magazine of USMS), subscription to monthly e-newsletter, an opportunity to rent instructional videos from the US Masters Swimming video library and much more. Also, as a member of US Masters Swimming, you are one of over 50,000 adults that enjoy swimming as a part of their lifestyle. In the past decade there have been approximately 135,000 individuals who have joined USMS.

The USMS mission is:

“Promoting adult health, wellness, fitness and competition through aquatics.”

www.usms.org