

**Program:** Aquatic Adult Fitness

**Facility:** Carroll Aquatic Center

**Days:** Tuesday and Thursday

**Time:** 11:00-12:15pm. Spring and summer hours may change due to pool availability.

**Length of Class:** This is an ongoing 11 month program with no swimming in August.

**Ages:** 18 and over. Swimmers 15-17 will need permission from the coach depending on size of the class.

**Coach/ Instructor:** Paul Murphy, Certified USA Swimming Coach, also a member of the American Swimming Coaches Association. Currently coaches the Nadadores Swim Team and is the Assistant Carroll High School Swim Coach. Coach Paul is also a certified Master Level Coach. 28 years in the swim coaching business.

### **Program Overview**

The Aquatic Adult Fitness Program is targeted towards the casual to serious, fitness level swimmer. Training groups to customize workouts will be provided. Swimmers may swim at their own pace or join in on the group swimming. The coach of the group will provide proper stroke instruction, stroke correction, workouts, and some fitness advice.

### **Prerequisite:**

This is a coached, but swim at your own pace, fitness program. Workouts are provided by a professional swim coach from the Carroll School District and Nadadores Swim team.

### **Skill and Fitness Level**

All levels of lap swimmers are encouraged to participate and have the opportunity to be directed by professional swim coach. There will be several types of workouts based on your skill and fitness level. Master swimmers are welcome.

**Attendance:** There are no strict attendance policies for this group. This is a participate at your own pace program.

**Workouts:** A district professional coach will provide workouts that are appropriate for your skill and fitness level.

**Facility:** The Carroll Aquatic Center has adequate dressing room and showers. The class will be in an indoor 50 meter pool. Some of the basic training equipment will be supplied by the facility.

### **Program Fee Structure**

**1 year payment:** \$495.00 (11 months)

**Monthly fees:** \$45.00

**Walk Ins:** \$8.00

Please write your check to Paul Murphy

### **Questions:**

For more information please contact Coach Paul Murphy at the Carroll Aquatic Center@ 817-949-8204.