



# aquatics

## Masters Swim

**Monday thru Friday  
6:00am - 7:00am  
With Coach Sylvia Lam**

**Daily Themes:**

**Mondays: Aerobic**

**Tuesdays: Drills/Sprints**

**Wednesdays: IM/Stroke**

**Thursdays: Endurance/Ladders**

**Fridays: Rotates through above themes.**

Year-round, Complimentary, & Drop-in for JCC Fitness Center Members ages 15 and up.

Wake up with the sun in an early morning workout! If you enjoy swimming and would like extra motivation, technique tips, or friendly company then Masters is the program for you.

*Prerequisites: Recommended that you be able to swim 500 yards of freestyle, non-stop.*



Levy Family Campus  
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### Registration Information

For more information call 408.357.7423 or email [aquatics@svjcc.org](mailto:aquatics@svjcc.org).