



aquatics

Masters Swim

Mondays & Wednesdays 12:00pm-1:00pm

With Coach Matt Linsky

Tuesdays & Thursdays 6:00am-7:00am

With Coach Sylvia Lam

Daily Themes:

Mondays: Aerobic

Tuesdays: Drills/Sprints

Wednesdays: IM/Stroke

Thursdays: Endurance/Ladders



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

Don't let the name of this program keep you from giving it a try! 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
14855 Oka Road Suite 201
Los Gatos, CA 95032

Registration Information

For more information contact Jamie Winslow at 408.357.7423 or jamiew@svjcc.org.