



MARINE MASTERS

SWIMMING PROGRAM

JUN 10 - AUG 23

FREE instructed swim-team based workouts by Certified USA Swimming Coach. An opportunity to work on stroke development, swim qual skills training, and high interval training.

Mondays/Wednesdays/Fridays: 5:30-6:30 AM
Tuesdays/Wednesdays/Thursdays: 11 AM - 12 PM

OPEN TO ACTIVE DUTY ONLY.

FOR MORE INFORMATION, CALL
703.784.2973



quantico.usmc-mccs.org





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