



# Group Swim Schedule

CPT Jennifer J. Shafer Odom Fitness Center

## Indoor Pool

1507 Porter Street, Fort Detrick, MD 21702  
301.619.2498

Sunday	Mon	Tuesday	Wed	Thursday	Fri	Saturday
<p>Triathlete Swim Training 1000-1045 (Sessions in January - March 2013)</p> <p>Sunday Group Swim Lessons for Children (ages 5 +) Level 1: 1100-1140 Level 2: 1200-1240 Level 3: 1400-1440 (Sessions from January - March 2013)</p>		<p>Early Soldier &amp; Adult Swim Lessons 0630-0710 (15 January - 21 May 2013)</p> <p>Water Aerobics 1700-1745 (22 January - 28 March 2013)</p>		<p>Early Soldier &amp; Adult Swim Lessons 0630-0710 (15 January - 21 May 2013)</p> <p>Water Aerobics 1700-1745 (22 January - 28 March 2013)</p>		<p>Water Aerobics 0910-0955 (12 January - 18 May 2013)</p> <p>Triathlete Swim Training 1000-1045 (Sessions in January - March 2013)</p> <p>Soldier &amp; Adult Swim Lessons Between 1400 &amp; 1500 (Sessions in January, March, &amp; April 2013)</p>

Water Aerobics - \$2 per class • Sunday Group Swim Lessons - \$45 for 4 lessons Triathlete Swim Training -\$5 per class  
 Solider & Adult Swim Lessons - \$45 per session • Early Solider & Adult Swim Lessons - \$65 per session  
 Free lessons for Active duty Service Members. See separate flyers for specific dates or call 301.619.2498. Schedule is subject to change without notice. **No classes will be held on Federal Holidays.**

Revised 25 February 2013

