



**TILTON
FITNESS**

JMHS

SWIM PREP

**Get in better swim shape with
Tilton Fitness!**

6 visits for \$60

- 3 LANE POOL
- 25 YARDS LONG
- LIFEGUARD ON DUTY
- OPEN ALL WEEK
- WEEKDAYS
= 5AM - 10:30PM
- WEEKENDS
= 7AM - 6:30PM

On Tuesdays & Thursdays

6:30pm - 7:30pm

Certified Instructor will be available
to assist with technique and stroke

