

NAS WHITING FIELD **SWIM CLUB**

Monday &
Wednesday
6-7am

**JOIN US! We meet twice a week for a fun hour of
technique-work, interval training, endurance training
and more!**

Benefits: Community | Low-Impact Exercise | Outdoors & Fun!
Club Swag Gear



Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
Fitness and Aquatics Center | 850-623-7412

