



LAP SWIM PACKAGES



Swim for Fitness • Train for Performance

Your Workout. Your Way.

— **STRONG STARTS HERE** —



SINGLE VISIT

\$25



5-VISIT PACKAGE

\$100
SAVE \$25!



REQUIREMENTS

Must be 16 years or older and able to swim 25 meters continuously without stopping.



WHY SWIM WITH US?

- Low-impact, full-body workout
- Improve cardiovascular health
- Build endurance and strength
- Great for rehabilitation and cross-training

CURRENTLY OFFERING
LAP SWIM TIMES ON
**SATURDAYS
& SUNDAYS!**

— *More times
coming soon!* —



**HEATED
INDOOR POOL**



**FULL LOCKER
ROOM ACCESS**

*Clean, private facility for
YOUR WORKOUT. YOUR WAY.*

INCLUDED WITH EVERY VISIT



One-hour reserved lane



Maximum of 2 swimmers per lane



Heated indoor pool



Full locker room access



Clean, private facility

*Reserve Your
Lane Today!*

A reservation is required
to ensure your lane is
ready when you arrive.

SCAN OR
CLICK HERE



LOCATION:

Mount Saint Mary College Kaplan Center Pool
330 Powell Avenue • Newburgh, NY 12550



845-522-9165



anchoredlifestylellc@gmail.com



www.anchoredlifestylellc.com