

New LAP SWIM

Sunrise will be offering a morning Lap Swim program at Antelope Pool and starting this Year at Rusch Park Pool. Lanes will be open for all levels of swimmers.

Optional work-outs will be available for swimmers who want structured motivation.

Lap Swim At Antelope Aquatics Complex Info

Ages: 16+
When: June 13th - August 3rd
Time: Tues/Thurs 6:30am - 8:00am
Location: Antelope Aquatic Complex
7990 Palmerson Drive
Antelope, CA
Cost: Drop in: \$5
Sunrise Swim Season Pass accepted

Lap Swim At Rusch Park Pool Info

Ages: 16+
When: June 5—July 12
Time: Mon/Wed 7:00am - 9:00am
Location: Rusch Park Pool
7801 Auburn Blvd
Citrus Heights
Cost: Drop in: \$5
Sunrise Swim Season Pass accepted



2017 Sunrise Swim Pass \$40



All Ages * All Pools * Includes Public Swim, Lap Swim, and Family Swim



For more information contact Becky at bherz@sunriseparks.com or 725-0185

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