

# **Pax River Stingrays Adult Swim Program**

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**An affiliate of U.S. Masters Swimming**

**New Price Begins Oct. 1  
Call for pricing**

Open to active-duty and retired military, reservists and DoD employees who are members of the Civilian Recreation Association who are 18 years of age or older

**Practice schedule:**

<b>Monday</b>	<b>1230-1330</b>	<b>Indoor Pool</b>
<b>Wednesday</b>	<b>1700-1800</b>	<b>Indoor Pool</b>
<b>Tuesday and Thursday</b>	<b>0500-0630</b>	<b>Indoor Pool</b>

**Summer practices are held at the Outdoor Pool**

**Register at the  
Recreation Office  
or call 301-342-3648  
for details**

