

MASTERS SWIM CLASS

*A CHASCO Family YMCA
Aquatics Program*



CHASCO Family YMCA Masters Swimming Program

The CHASCO Family YMCA Masters Swimming Program is a year round program offering anyone 18 years of age or older a fun, safe way to improve physical and mental well being through swimming. The Masters Swimming Program will provide expertly designed training programs, stroke mechanics instruction, and goal setting. The program is for those just starting to lap swim for fitness activity or those competing at the highest levels in swimming events or triathlons.

Swimming for fitness, fun and competition is what the CHASCO Family YMCA Masters Swimming Program is all about. No matter what your goal is we offer year-round, expertly designed group swim programs to meet your personal training needs.

Specialized swim workouts for one hour that offer swimming technique instruction, interval training, and endurance distance training. Each workout will be modified for your level of ability.

Whether you are a beginner lap swimmer wanting a fitness program, a lap swimmer seeking variety, or a triathlete looking to improve your swimming, there is a place for you with the YMCA Masters Swimming Program.

Coach Lara Ruthven and Andrea King look forward to meeting you and helping you reach your fitness and swimming goals.

Please note that the Master Swim program is on a mandatory automatic bank/credit card draft requiring 15 day notice to cancel or to skip a session.

Class Times:

As a class participant you may come to any of the following times:
M—F 5:30am - 6:30am, M—F 9:45am—10:45am,
Saturdays 8:00am—9:00am

Price for Class:

YMCA Member: \$30 Individual Non Member: \$40 Individual
(No refunds, exchanges or credits)

Register at the front desk. For information please call 615-5582

YMASTERS SWIM