



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TYS MASTER SWIM PROGRAM

The word "Masters" has nothing to do with your skill level or current ability in the pool; just your age. Master Swim is open to adults 17 and older who are looking to improve their fitness through the sport of swimming. Workouts vary throughout the week and focus on speed, endurance and technique. Each workout is coached by a certified Thomasville YMCA Swim Team coach who will provide tips and feedback to improve your swimming ability.

Upcoming Sessions:

September 8th – October 1st

October 6th – October 29th

Schedule:

Tues. & Thurs. 5:30 pm – 6:30 pm

or

Wed. & Fri. 5:30 am – 6:30 am



Location: Butler-Mason YMCA

Cost per session: \$25 Member/\$45 Potential Member

Register online at, www.ymca-thomasville.org or in person at the Butler-Mason or Everett-Milton front desk.