



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

11/11

MASTER SWIM

14+ Years

Who is it for?

Get the ultimate in pool workouts! Whether you swim simply for the fitness benefits or you are a competitive swimmer, you can improve your stroke technique and physical fitness in this program. Participants should be able to swim 50 yards continuously prior to beginning this program.

What do I wear?

Wear swim or wet suits. Swim caps and goggles optional.

Where do I go?

Master Swim is held at the Broadview and East Side and West Side centers.

How do I register for class?

To register, drop by the YMCA front desk, or register on line – www.greenbayymca.org or by phone (436-9595) with Discover, Visa or MasterCard.

Other Information

<u>Contact:</u>	Broadview	436-9589
	East Side	436-1246
	West Side	436-9518

YMCA Mission Statement
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.