



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST KEEP SWIMMING!

MASTERS LEVEL SWIM CLASS
ROCKLAND COUNTY YMCA



This exciting new program at our Y is a great way for advanced adult swimmers (18+) to come together and get in a great work out in the pool. Each class focuses on a unique workout. From freestyle swimming to perfecting different strokes, Masters Swim will show you how to get the most out of your water workout in order to get in shape!

PREREQUISITES

Swimmers must be able to swim one length of the pool. Lanes will be divided by ability

An experienced Master Instructor will be there to design and facilitate the workout sessions.

Offered on Thursdays from 6:45-7:30pm.

FREE for YMCA members

**For more information
or to register
please call: 845-643-3052**

