



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

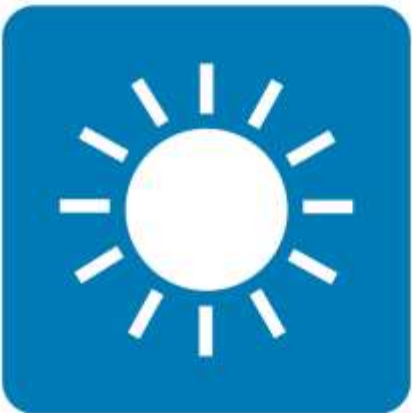


SWIMMING STRONGER

Masters Swim Clinic

January 18-22 Mon/Wed/Fri

1:00pm – 3:00pm



Ready to start the new year with improving swim techniques, cross training, or training for a swim event? Join us for 1-2 hour sessions in the pool honing technique and getting a solid workout. Learn from, Kathleen Sandner, a certified Masters level 3, ALTS & Adaptive Coach who is also a repeat USMS Top 10 Masters Swimmer and Relay Champion.



Swimmers must be able to swim 200 meters easily. Strongly encourage to bring fins and a snorkel.

Fees: \$40 for 3hr sessions
\$80 for 6hr sessions

Location: Solomon Calhoun pool
1300 Duval Street

Registration: Email Megan Hansson at mcasson@fcymca.org. Spaces are limited!

To learn more, please email Megan Hansson at mcasson@fcymca.org or call 904.704.4644