



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

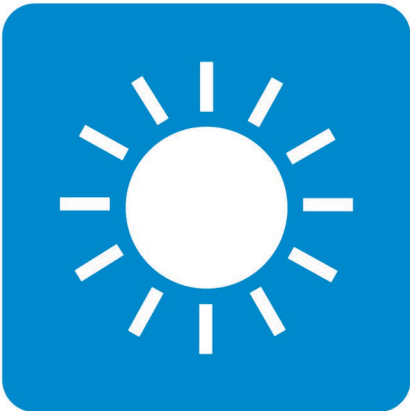


SWIMMING STRONGER

Masters Swim

Starting April 3

Saturdays 9:00am – 10:00am



Every Saturday for the month of April we are inviting 18 and older swimmers to get a swim training workout! Workouts will focus on stroke efficiency, speed and endurance. Swimmers who would like to incorporate racing starts into their workout will be able to use the blocks. Practice will begin with a few minutes of light stretching on deck and end with a few minutes of drills that build skills. Learn from, Kathleen Sandner, a certified Masters level 3, ALTS & Adaptive Coach who is also a repeat USMS Top 10 Masters Swimmer and



Fees: \$40

Location: Solomon Calhoun pool
1300 Duval Street

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

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