

# MASTERS SWIMMING



**The YMCA Masters Swim program is for swimmers ages 18 and older who want to increase fitness, improve stroke technique and have a fun supportive group environment.**

**Masters practice are usually around 2,000–3,000 yards a practice**

## **PRACTICE TIMES**

**MONDAY/WEDNESDAY/FRIDAY**

**6:15–7:15 AM**

**COST: \$45/month for members**

**CONTACT: Kerry Cordis, Senior Program Director for more information: [KCordis@holyokeymca.org](mailto:KCordis@holyokeymca.org)**

**GREATER HOLYOKE YMCA 413-534-5631 [www.holyokeymca.org](http://www.holyokeymca.org)**