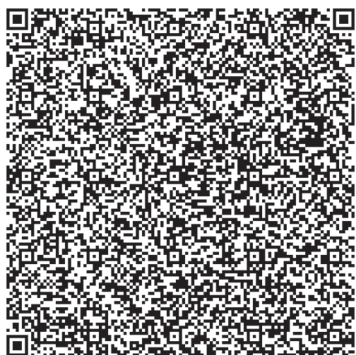


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Bear Jones
Email: bjones@nnyymca.org
Phone: 315.755.2132

For more information on programs,
memberships, services, and to
register: watertownymca.org



**SCAN TO
REGISTER**

**Check out these other
great YMCA programs:**

- Aqua Yoga
- Aqua Cycle
- Swim Lessons



GATEWAY FINANCIAL SCHOLARSHIP

To ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK



**DOWNTOWN YMCA
MASTERS SWIM**
ADULT AGES 18+



**REGISTRATION
ONGOING**



WHAT YOU NEED TO KNOW

Ages: Adult (Ages 18+)

Location: Downtown Aquatic Center

Days & Times:

Saturdays: 10:30 – 11:30 AM

Uncoached practice

Wednesdays: 5:00 – 6:00 PM

Coached by Lauren Hardwick,
Blue Sharks Head Coach

Program Fee:

Members Only: \$15 per month

Swim 50 – 100 yards consecutively using competitive style stroke techniques. Masters swim is available for both competitive and non-competitive swimmers.

MASTERS SWIM PROGRAM

Achieve Your Swimming and Fitness Goals!

Join us for expert on-deck coaching, technique instruction, camaraderie, and more!

Our Masters program is coached by a team of four highly experienced individuals: Lauren Hardwick, Joe Macutek, Erin Earley, and Nick Netto. They are passionate about swimming and dedicated to helping you reach your goals. At the Watertown Family YMCA, they look forward to growing our Masters Swim community and sharing their love of the sport.

Affiliated with U.S. Masters Swimming, the national governing body for adult swimming, this program is designed for adult lap swimmers who want to swim under the guidance of a coach. Adult

Swimmers will practice a variety of competitive swimming techniques and learn drills for all four competitive strokes. If you are an intermediate to advanced swimmer looking to increase endurance and improve stroke technique, then Masters Swim is for you!



REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled back if long



WATERTOWNYMCA.ORG