



Masters Swim Schedule

Hillsborough YMCA

Created: 1/18/2019

KEY:

MONDAY	CLASS	LOCATION
5:15 AM-6:15 AM	U.S. Masters Swim Practice	Lap Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Lap Pool
8:00 PM-9:00 PM	U.S. Masters Swim Practice	Lap Pool

WEDNESDAY	CLASS	LOCATION
5:15 AM-6:15 AM	U.S. Masters Swim Practice	Lap Pool
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Lap Pool
8:00 PM-9:00 PM	U.S. Masters Swim Practice	Lap Pool

FRIDAY	CLASS	LOCATION
6:30 AM-7:30 AM	U.S. Masters Swim Practice	Lap Pool

CLASS DESCRIPTIONS

U.S. MASTERS SWIM PRACTICE

Our Program

Our U.S. Masters Swimming program appropriately challenges beginner to competitive swimmers by improving stroke technique. Whether you are a traditional competitive master's swimmer, an open water swimmer, a triathlete, or you just want to swim for fun, this program is for you! Not only is swimming a life skill, but this program will help you develop a healthier lifestyle through swimming, build friendships through our members, and grow by meeting your personal fitness goals.

ALL PARTICIPANTS NEED TO BE REGISTERED WITH U.S. MASTERS SWIMMING. Somerset County YMCA is registered with USMS as Somerset County YMCA Masters (SCY). Registration for the team is a separate cost beyond the monthly practice fees. Register at www.usms.org.