



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Adult Swim Programs

Lap Pool: Masters @ Central YMCA

September 6th - May 31st

1213 W Civic Center Dr
Traverse City, MI 49684
(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		Master's Swim Practice Coach Kathy C. 5:30am - 6:45am					
8am	Master's Swim Practice Coach Kathy C. 8am - 9am				Master's Swim Practice Coach Kathy C. 8am - 9am		
12pm		Master's Swim Practice Coach Kathy C. 12pm - 1pm		Master's Swim Practice Coach Kathy C. 12pm - 1pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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Class Descriptions

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Master's Swim Practice - An adult swim program for enthusiasts 18+. For fitness and technique, competition and camaraderie. Members: \$15/mo, Community Participants: \$50/mo.