



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Adult Swim Programs

Lap Pool: Masters @ West YMCA

September 6th - May 31st

3700 Silver Lake Rd.
Traverse City, MI 49684
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Master's Swim Practice Coach Kathy C. 5:30am - 6:45am		Master's Swim Practice Coach Kathy C. 5:30am - 6:45am		Master's Swim Practice Coach Kathy C. 5:30am - 6:45am		
7am						Master's Swim Practice Coach Kathy C. 7am - 8:30am	
8am		Master's Swim Practice Coach Kathy C. 8am - 9am	Master's Swim Practice Coach Kathy C. 8am - 9am	Master's Swim Practice Coach Kathy C. 8am - 9am		Adult Swim Lessons Coach Kathy C. 8:45am - 9:15am	

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

West YMCA

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Adult Swim Lessons - Levels 1, 2 and 3. See website for descriptions. Members: \$25/mo, Community Participant: \$50/mo.

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.