



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR POOL YOUR COACH YOUR HEALTH

Wahoo's Masters Swim Program FRANK DELUCA YMCA FAMILY CENTER

The Frank DeLuca YMCA Masters Swim Program is specifically for adults ages 18 and older with an intermediate to advanced swim level. It is a lap swimming class instructed by one of our certified swim coaches to provide exercise guidance and stroke correction. The goal of this program is to provide individual workouts within a group setting to help every participant master the lap swimming. Whether you're a **Step-Up** looking to improve your strokes, or an **Athlete** looking to compete, Masters Swim is the program for you.



DAYS

TIME

LOCATION

Monday, Wednesday & Friday 5:00AM-7:00AM YMCA pool

"LIKE US" ON FACEBOOK AT WWW.FACEBOOK.COM/GROUPS/YCFWAHOOS

CONTACT: Kelli Garcia, Aquatics Director, at 352-368-9622
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