



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM YOUR WAY TO A HEALTHIER YOU

## YMCA Masters Swim Program BLANCHARD PARK YMCA

We are excited to be offering a masters swim program at the Blanchard Park YMCA! This swim fitness program is for individuals age 18 and older who enjoy swimming in a **structured** program. The program benefits those who swim for fun and fitness, and those who swim for competition or triathlons.

- Coached workouts with Doug Guthrie, USA Triathlon Level 1 Certified
- Meet other swimmers and Y members
- Included as a benefits of your Y membership!

**WHEN:** Wednesdays and Fridays (Starting in March)

**TIME:** 11:30AM - 12:30PM

**LOCATION:** BLANCHARD PARK YMCA

10501 J Blanchard Trail, Orlando, FL 32817

Have questions about our masters swim program?

Please contact Chris Haupt, Aquatics & Wellness Director  
CHaupt@cfymca.org or (407)381-8000

