

Masters Swimming



YWCA IS ON A MISSION

The Masters Swimming program at the YWCA is geared towards adults aged 18 and over who want to improve their fitness, compete, or improve their triathlon swim. We are a US Masters Swimming (USMS) registered club. You must be a USMS member to attend workouts. Our group consists of beginners, triathletes, and advanced swimmers.

If you are a beginner, you should be able to swim 500 yards freestyle continuously, and have a basic understanding of interval training before attempting a workout. If you can't swim 500 yards yet, you may want to consider signing up for Lap Swimming first to build your stamina, or getting an adult group lesson to learn proper stroke technique.

Season: October through June

Days: Tuesdays & Thursdays

Time: 5:15AM—6:30AM

Fees

Monthly: \$55

9-Months: \$450

For more information,
contact the Middies Head Coach
at 914-949-6227 x 151
or email: middies@ywcawpcw.org

Note: YWCA \$100 Program Membership fee required in addition to monthly fees.