

**IF YOU WANT TO:**

**GET FIT**

**BECOME A BETTER  
SWIMMER**

**TRAIN FOR A RACE**

**STAY MOTIVATED**

**MEET NEW FRIENDS**

**THIS IS THE GROUP  
FOR YOU!**

# **Masters Swim Club**



**50-Meter Outdoor Pool  
Regional YMCA Aquatic Center  
Brookfield, CT**



**Regional YMCA of  
Western Connecticut  
Greenknoll Branch  
2 Huckleberry Hill Rd.  
Brookfield, CT 06804  
[www.regionalYMCA.org](http://www.regionalYMCA.org)**

**Phone:**

**203.775.4444**



**COME JOIN THE FUN!**

## COULD I BE A

### MASTERS SWIMMER?



### ABSOLUTELY!

Despite its elite-sounding name, United States Masters Swimming (USMS) welcomes swimmers of all abilities. Any swimmer who wants to improve overall fitness, develop better technique, train for a triathlon, consider competition, or is attracted to the water for any reason is a perfect fit for United States Masters Swimming.

USMS is a national organization that provides organized workout, clinics, workshops, and competitions for swimmers age 18 and over.

This program is open to all adult swimmers who want to improve their fitness through swimming.

## WHO?

Anyone 18 and older who loves to swim. You do not need to be a registered USMS to swim with us.

## WHERE?

The YMCA's outdoor 50-meter pool in Brookfield, CT.

## WHEN?

We will be offering practice the following dates and times:

Monday through Friday, 6:30-8:00 p.m.

June 16 – September 12  
(13 weeks – rain or shine)

Come one day a week or come five – which days are up to you!

\*\*No Practice The Following Days:

Thursday, June 19

Friday, July 4

Monday, July 21

## WHAT?

A certified USS Swim Team Coach will create workouts of varying abilities. A coach will be on the deck to administer workouts, critique strokes, and offer feedback as needed and wanted.

2 lanes will be “uncoached” for those participants who just want to lap swim or do their own workout.

## FEES

\$199.00 for Full YMCA members  
\$239.00 for Program members

Registration deadline: June 13\*  
\* \$10.00 late fee after this date.

(\$10.00 drop-in fee for all members)  
(\$15.00 drop-in fee for non-members)

## Sign up Now!

To register you may call 203.775.4444 or come to the front desk of the YMCA's Greenknoll Branch. For questions or more information you may contact the Aquatics Director, Sonja Williams, at 203.775.4444, ext. 133 or at [swilliams@regionalyymca.org](mailto:swilliams@regionalyymca.org).