



**SWIM FARTHER & FASTER
IMPROVE YOUR TECHNIQUE
BUILD STAMINA & ENDURANCE
BE A MASTER SWIMMER**

6:00–7:45PM

Mondays, January 3 – April 18

Members: \$120, Y Guests: \$206

Our Masters Swim Team isn't just for highly skilled swimmers — it's for all adult swimmers that want to strengthen their abilities. If you can front crawl at least 50 yards you are eligible to **join at any of our three levels**: beginning lap swimmer, experienced lap swimmer, or competitive swimmer.

Join anytime — register at ithacaymca.com.

**MASTERS SWIM TEAM
YMCA OF ITHACA &
TOMPKINS COUNTY**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**