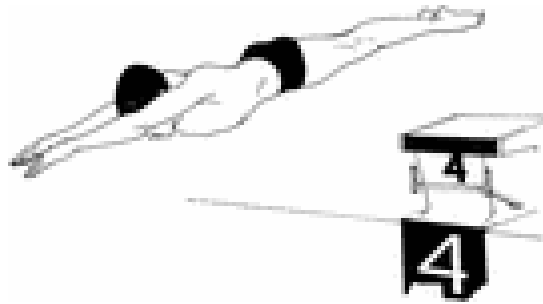


Rockwall County YMCA

MASTER SWIM PROGRAM



Come swim with the
Rockwall YMCA's Master Swim Team!
In this program participants will receive stroke analysis, improvement and correction, general swim fitness conditioning, endurance training, speed improvement, open water training, triathlon training, and USMS race preparation and guidance.

COACH: RICH MCNEILL (469) 323-9972

PRACTICE TIMES:

MONDAY & WEDNESDAY MORNINGS 5:30-6:30 A.M.

TUESDAY & THURSDAY EVENINGS 7:30-8:30 P.M.

SATURDAY MORNINGS 9:00-10:00 A.M.

MONTHLY COST:
YMCA MEMBER \$20
ACTIVITY MEMBER \$45

-OR-

TRY IT TODAY FOR:
YMCA MEMBERS \$5
ACTIVITY MEMBERS \$15
(PER SESSION;
3 VISITS MAXIMUM AT THIS RATE)