



MASTERS SWIM SCHEDULE

EVENT DESCRIPTION

Brace Family YMCA offers a Masters Swim Program, a successful blend of fitness and competitive swimming for adults 18 and older. The structured workouts use techniques of interval training in an atmosphere of fun, fitness, friendship and participation. Individuals who find it difficult to stick with a self-imposed, keep-fit routine will find it easier to maintain the Masters Swimming Program.

WEEKLY SCHEDULE

Monday, Wednesday & Friday

6:00-7:00 AM

7:00-8:00 AM

12:00 PM - 1:00 PM



PRICING

There is an annual registration fee for North Carolina Master Swimming of \$35 (this is in addition to the program fee). This does include a one-year subscription to SWIM magazine.

Member: \$30/month

Program Member: \$60/month

CONTACT:

Christy Daugherty, Aquatics Director

704 716 4261 | christy.daugherty@ymcacharlotte.org