



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

GET FIT IN THE POOL

Masters Swim Team

The Battle Creek Family YMCA Masters Swim Team is a great way to get into shape through swimming! Every member is invited to join us for free practices in the 25 yard pool. The Masters Team practices from **NOVEMBER 4th** through **MARCH 28th**. Many of the participants will compete together as well throughout the season. Come join us for friends, fun, exercise, competition and excitement!

Date/Time

Monday, Wednesday and Friday: 6-6:30am Warm up on your own;
6:30-7:30am team practice

Monday & Wednesday 1-2pm

Elmer Workouts:

Monday, Wednesday & Friday 7:30-8:30am

Workouts will be posted throughout the day,
come swim whenever you can!

Where

25 Yard Pool

Contact

Kimberly Akins, 269 963 9622, ext. 126
kakins@ymcabattlecreek.org

Member

Free to members

Non-Member

Contact Kimberly Akins for details

BATTLE CREEK FAMILY YMCA
182 Capital Avenue, NE
P 269 963 9622

