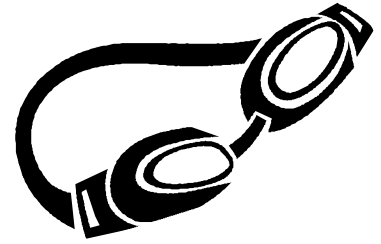


YMCA Swim Fit



**U.S. MASTERS
SWIMMING**



YMCA Swim Fit is an adult swim team.
Whether you're training for a triathlon,
trying to improve your stroke,
or swimming for fitness, this is a great program.
Practices focus on training techniques, stroke mechanics,
and goal setting.
Beginners welcome!

Register at the aquatic center.
Questions? Contact the Aquatics Director at
barbm@tucsonymca.org or by phone at 229-9001.

Who: YOU! (age 18 and older)

Where: Thad Terry Aquatics Center
NW YMCA Pima County Community Center
7770 N Shannon Rd., Tucson, AZ 85741

When: Monday, Wednesday, & Friday 5:30am - 7:00am
Tuesday & Thursday will be stroke technique and development
From 12:00pm - 1:00pm (workout also available)

Cost: Annual USMS fee of \$45 for each participant
YMCA members - \$35.00/month
Non-members - \$45.00/month plus an
annual \$20 Program membership to join.



Northwest YMCA Swim Fit Masters Program Registration



We build strong kids, strong families, strong communities.

Name of Participant _____

Male ___ Female ___ Birthdate _____ Age ___

Phone number _____ Email _____

Address _____

Home Phone _____

Alternative Phone Number _____

In case of emergency notify _____

Emergency contact phone _____

I hereby certify that _____ is of normal health and is capable of participating in this activity. I understand that we will be under direct supervision at all times and that I will not hold the YMCA, Pima County, or United States Masters Swimming responsible for accidents.

Participant Signature _____

Date _____

PLEASE NOTE: We cannot register a participant without payment.

Amount paid _____ Staff initial _____

Cash Check Credit Card

Financial assistance is available for those who qualify. Please ask the pool cashier for more information.

