

A photograph of a swimmer in a pool, captured mid-stroke with one arm extended forward and water splashing around their head. The swimmer is wearing a black swim cap and goggles.

J MASTERS SWIM

**OPEN TO THE COMMUNITY • AGES 18+
\$60/MONTH • \$30/MONTH MEMBER VALUE PRICE**

A swim program designed for adults who want to improve their fitness, speed, and form in the water. Masters coaches will provide a workout for swimmers to swim, while offering guidance and feedback. *Prerequisite: Swimmers should be able to swim 100 yards continuously using a freestyle stroke. It is helpful, but not required, to be familiar with backstroke, breaststroke, and butterfly strokes.*

SABES CENTER MINNEAPOLIS (BEGINS OCT 3)

TUESDAY & THURSDAY • 9:45–10:45 AM

CAPP CENTER ST. PAUL

TUESDAY & THURSDAY • 6:30–7:30 AM

MONDAY & WEDNESDAY • 6:30–7:30 PM

SATURDAY & SUNDAY • 7:15–8:15 AM

(not coached, workout provided)

**OPTION
TO SWIM AT
EITHER
LOCATION!**

Register at minnesotajcc.org

For questions, contact Laina Green at lainag@minnesotajcc.org
or Jill Burchill at jillb@minnesotajcc.org