



Minnesota JCC

MASTERS SWIM

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

EVENING
PRACTICES
AT SABES
STARTING
IN SEPT!



Masters Swim lets me push myself without injury. The excellent coaching improves my form, and the encouragement and camaraderie keeps me going. I can swim better and farther than I could when I was young!
– Risa Cohen

A swim program designed for adults who want to improve their fitness, speed, and form in the water. Masters coaches provide a workout for swimmers to follow, while offering guidance and feedback. *Prerequisite: 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.*

CAPP CENTER ST. PAUL

MONDAY & WEDNESDAY • 6:30–7:30 PM
TUESDAY & THURSDAY • 6:15–7:15 AM
SATURDAY & SUNDAY • 7:15–8:15 AM (NO COACH)

SABES CENTER MINNEAPOLIS

MONDAY & WEDNESDAY • 7–8 PM **NEW!**
TUESDAY & THURSDAY • 9:45–10:45 AM
SUNDAY • 8:30–9:30 AM (NO COACH)

Register at minnesotajcc.org

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





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MASTER'S SWIM AT THE J!

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MASTERS SWIM



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SABES CENTER MINNEAPOLIS
MONDAYS • 7–8 PM NEW!
TUESDAYS • 9:45–10:45 AM **(BEGINS 9/3/24)**
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(NO COACH)

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