



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](https://minnesotajcc.org)

For questions, contact Laina Green at [lainag@minnesotajcc.org](mailto:lainag@minnesotajcc.org)  
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