



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MASTERS SWIM PROGRAM

Scheu Family YMCA of Upland

What is Masters Swimming?

This program is for anyone who is 18 and older and can swim at least 25 yards of each stroke. Each practice is organized and run by a USA Swimming Certified Coach. Each coach will spend time refining swimmer's strokes, technique and building upon their endurance and stamina. Everyone who joins this team gets an opportunity to meet new people while enjoying a great workout at the same time. The Masters Swim program is perfect for triathletes, previous club swimmers, anyone looking for low impact cardio, and those who love being in the water. We have swimmers of all different abilities and we'd love to have you join us!

Tryouts:

Try-outs are weekdays-10 minutes prior to practice time. Each swimmer must swim a 100 yard IM without stopping to qualify for Upland's Masters Swim Program.

Practice Schedule:

Mondays, Wednesdays & Fridays

7:00AM-8:30AM

Tuesdays & Thursdays

7:00AM-8:30AM

Monday-Friday

7:00AM-8:30AM

Price:

\$66/month plus membership fees M/W/F

\$44/month plus membership fees T/TH

\$100/month plus membership fees M-F

