



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MASTER THE WAVES



Masters Swimming Program C.B. PENNINGTON, JR. YMCA

Want confidence, more speed and a smoother stroke? Join masters swim club! This swim club is for adults 18 years or older who would like to get in a lap swimming workout that is coached in person three times a week and a written workout to follow on your own 2 times a week.

- PRICE:** \$30 each month
- WHEN:** Monday, Wednesday, and Saturday
- TIME:** Monday and Wednesday 6:15pm-7:15pm, Saturday 8am-9am
- LOCATION:** C.B. PENNINGTON, JR. YMCA
15550 Old Hammond Hwy
Baton Rouge, LA 70816
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www.ymcabr.org