



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUMP IN!

## MASTERS SWIM TEAM

PRACTICES NOW STARTING!

**TUESDAYS/THURSDAYS**

**6:15pm to 7:15pm**

**SUNDAYS**

**12:00pm to 1:00pm**

### **Coach Norm Scott**

The program will emphasize  
disciplined fitness swimming

**Open to YMCA Fitness Members\***

Please see Welcome Center or call 808 261 0808  
for more details.



\*this is not a learn to swim program. Participants must be familiar with Freestyle, Backstroke and Breaststroke. Butterfly is a plus. Must be able to swim 500 yards Freestyle.