

MIDTOWN ATHLETIC CLUB®

MASTERS SWIMMING PROGRAM-USMS MEMBER

Masters swimming is a program for adults who wish to practice the sport of swimming as a fitness activity or for achieving competitive goals. Midtown Athletic Club has developed the best masters swimming program for all levels, from beginners to more advanced swimmers. There are three groups in this program. All three groups are opened only for Midtown members.

- **Group I/ Advanced:** Mondays, Wednesdays and Fridays from 7:00 a.m. to 8:30 a.m.
- **Group II/ Beginner to Intermediate:** Mondays, Wednesdays and Fridays from 8:45 a.m. to 10:00 a.m.
- **Group III/ Mixed:** Tuesdays and Thursdays from 5:30 a.m. to 6:30 a.m.
- **Group IV/ Mixed:** Tuesdays and Thursdays from 12:00 Noon to 1:00 p.m.

Cost: Midtown Member \$60.00

For more information, please contact Raphael Lima, Aquatics Director/ Head Coach at 954-384-2582 x239 or email raphael.lima@midtownclubs.com