

# MIDTOWN

## 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, since for those beginners to those more advanced. There are four groups in this program. All four groups are opened only for Midtown members.

**Group I/ Mixed** Mondays, Wednesdays and Fridays from 6:00 a.m. to 7:00 a.m.

**Group II/ Advanced:** Mondays, Wednesdays and Fridays from 7:00 a.m. to 8:30 a.m.

**Group III/ Beginner to Intermediate:** Mondays, Wednesdays and Fridays from 8:45 a.m. to 10:00 a.m.

**Group IV/ Mixed:** Tuesdays and Thursdays from 12:00 Noon to 1:00 p.m.

**Group V/ Mixed:** Tuesdays and Thursdays from 7:00 p.m. to 8:00 p.m.

**For more information, please contact Raphael Lima, Aquatics Director/ Head Coach at 954-635-4371 or email [raphael.lima@midtownclubs.com](mailto:raphael.lima@midtownclubs.com)**