



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEEL HEALTHIER BE STRONGER SWIM TOGETHER

Y-Swimmers MARIN YMCA

Each session includes a warm-up, workout, and cool-down in order to optimize your physical efforts. Training in a group environment is a great way to meet new people and hold oneself accountable for putting forth the maximum effort. A competitive swimming background is not necessary. This is a great workout for all lap swimmers, including triathletes.

Time: Monday & Wednesday:
8:00–9:00 p.m. with Larry L.
12:00–1:00 p.m. with Lynn L.
Friday:
12:00–1:00 p.m. with Lynn L.

Fee: Free for Facility Members and
Guests.
Included in Day Pass Fee

For more information contact Megan Turrell at
mturrell@ymcasf.org or 415-446-2132.

MARIN YMCA
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