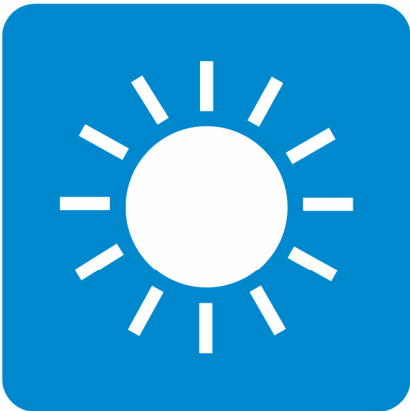




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SWIMMING STRONGER



## Masters Swimming

Coach Clark Pace will provide a daily workout to focus on stroke efficiency, speed and endurance. Swimmers who would like to incorporate racing starts into their workout will be able to use the blocks. 18 and older swimmers are invited! Participants must be able to swim efficiently 200 meters.

All new patrons will need to sign a waiver form to enter to the pool. Registration with the United States Masters Swimming is highly recommended.



**Times: Mon/Wed/Fri 6am-7am**

**Location:** Solomon Calhoun pool  
1300 Duval Street

**Fees:** \$3 Adult/\$2 Senior Daily  
\$18 Adult/\$12 Senior 12 Visit Pass  
\$112 Annual Pass

To learn more, please email Megan Hansson at  
mhansson@fcymca.org or call 904.704.4644