

Master Swim Team



Starts March 10, 2008

This is perfect for:

- Adults who used to swim competitively
- Adults who compete in or wish it compete in Triathlons
- Adults who never swam on a team before, but would like to improve their swimming skills.
- Adults who would like to get into shape
- Adults who would like to relieve some stress
- Adults who would like to be in a social environment with like minded people

The schedule is:

Program will start March 10 and run to June 12

Monday and Wednesday, 8:00 - 9:00 p.m. at the YMCA of Norwalk

Tuesday and Thursday, 11:30 - 12:30 p.m. at the YMCA of Norwalk (babysitting is available)

The cost is:

Try your first class for FREE

- \$475 for YMCA members
- \$675 for YMCA non-members

YMCA Financial Aid is available

Contact us for questions:

Omar our Coach 203-838-5836

Carolyn at the YMCA 203-866-4425 x336

The YMCA of Norwalk Masters Team will be conducted by the ZEUS Head Coach, Omar Cruz. Omar has 26 years experience in the sport as both a swimmer and as coach on all levels. As a swimmer, Omar was a Senior National qualifier in the 200 butterfly. Since 1992, Omar has coached on all levels of swimming, novice youth, competitive Age Group, Senior National swimmers, and 2000 and 2004 U.S. Olympic Trial Qualifiers. In 1993 and 1998, Omar has coached a few years in Masters swimming in Great Neck, NY, and White Plains, NY.

The YMCA of Norwalk Masters Team will be focused on stroke technique, fitness, and social comradely. Competitions are optional for everyone.