



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Masters Lite

**September 19th – December 21  
Tuesdays and Thursdays  
7pm-8:30pm**

**Masters Lite returns to the Skaneateles Y.**  
This class is a great workout for tri-athletes, former competitive and collegiate swimmers as well as fitness swimmers. Our coaches will lead practices geared toward a variety of different levels and abilities. Interval training and drills will help you improve your strokes.

**Skaneateles/ Auburn Y Members: \$130  
General Public: \$160  
MM917**