



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Masters Lite

Session I: January 23– April 19

Session II: May 1 – August 2

Tuesdays and Thursdays

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 per session

General Public: \$160 Per session

MM118 / MM518