



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR NEXT LEVEL



Masters Swimming Program PAULA G. MANSIP YMCA

Looking for more confidence in the water? Want more speed and a smoother stroke? Join our masters swim program! This swim team is for adults 18 years and older who are looking for coached swimming workouts. Our 2 coaches will help you reach your next level in swimming!

- Price:** \$30 per month
- WHEN:** Monday – Thursday and Saturday
- TIME:** Monday and Wednesday 5:30am-6:30am
Tuesday and Thursday 6:30pm-7:30pm
Saturday 8am-9am
- LOCATION:** PAULA G. MANSIP YMCA
8100 YMCA Plaza Dr
Baton Rouge, LA 70810
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www.ymcabr.org