

Yakima YMCA Adult Masters Swim Program  
New Swimmers Information Sheet  
Head Coach: Roger Coburn 972-5272  
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This program is designed for adult swimmers (ages 18 and over) who already know how to swim. It is not a swim lesson class. The intention is to improve stroke technique to make you more efficient in the water; provide structured workouts; the option to train for triathlons; the option to train for competitions; and, to offer motivation and encouragement to help you get through those hard workouts. I will be keeping attendance for every practice. However, it will be up to you to renew your monthly dues at the front desk. If you know you will be attending for up to 3 months, you may pre-pay (\$90.00) for those months as well.

**1. Complete the registration form (you only need to fill this out once)**

**2. YMCA Members - \$30.00 per month**

**3. Non-members - \$45.00 per month**

**4. Practice Schedule: Monday-Wednesday-Friday 5:00 am – 6:00 am**

**5. What you will need:**

- \*Swim suit – a jammer (thigh length racing suit) is recommended for the men.
- \*A one piece nylon or lycra racing suit is recommended for the women.
- \*Goggles – a must (an extra set at practice is a good idea)
- \*Towel, or Sammy
- \*Swim Caps (optional, but a good idea)

You may purchase goggles for \$10.00 and swim caps for \$7.00 at the front desk. If you shop locally, Big 5 (by Red Robin on Nob Hill) will usually carry competitive swim gear.

You may also shop on-line at any of the numerous vendors: [swimoutlet.com](http://swimoutlet.com), [swim.sportwide.com](http://swim.sportwide.com), [keifer.com](http://keifer.com), [thefinals.com](http://thefinals.com), etc.