



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHARE THE NEWS

MASTER SWIM PROGRAM

The Tellepsen Family YMCA is adding a Master Swim Program for lap swimmers who want to swim with others! Join us for a shared workout to improve your stroke or speed, even if you are just beginning.

Our coach will have two workouts ready to go, one for swimmers and one for tri-athletes who want to improve that portion of their race.

All you need to bring is yourself, a swimsuit, goggles and a towel. We can provide kickboards and pull buoys, and help your stroke development, as well we teach you how to circle swim and read the clock. You may even pick up some swimming lingo!

Master Swim Class

Tues & Thurs 7:00 PM - 8:30 PM





TELLEPSEN FAMILY DOWNTOWN YMCA

808 Pease St.
Houston, TX 77002
713-659-8501
ymcahouston.org/tellepsen-family



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

  Text YMCAHouston
to 41411

111237 07/17