



B ATHLETICS

FITNESS & ENDURANCE COACHING

YWCA Fitness & Triathlon Specific Masters Swim Program

Focus on drills and workout sets to:

- Improve swim technique
- Improve swim fitness
- Improve triathlon swim performance.

Sessions are led by **USA Triathlon Level II Coach Jeff Boyer**

This is a year round program offered in continual 8 week sessions.

Days & Times:

Tuesday & Thursday: **6-7am**

Friday: **1pm**

Program fees: \$150 One time Annual YWCA Masters fee

8 Week Session: \$200 payable to B Athletics

All ages and ability levels are welcome! You don't have to be a triathlete to participate, just enjoy swimming, staying fit, and have a desire to improve!

For information call or email:

914.960.7762

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www.b-athletics.com

eliminating racism
empowering women
ywca



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