

WORCESTER JCC - AQUATICS DEPARTMENT

633 SALISBURY STREET, WORCESTER, MA 01609

Kelly Sampson, Aquatics Director, 508-756-7109, x 235, ksampson@worcesterjcc.org

Nadya Mahoney, Assistant Aquatics Director, x 250, nmahoney@worcesterjcc.org

Galia Tukachinsky, JCC Head Swim Coach

JCC Masters Swim Class

Spring
Session

- STARTS - TUESDAY, MARCH 16, 2010
- 6:15 - 7:15 am
- Tuesdays & Thursdays

Master Swimmers
Triathletes
Fitness Swimmers

Worcester JCC



Stay Fit with Swimming

- Become stronger & more flexible
 - Swim train with others
 - Reduce Stress

This class is for those over 18 who want to learn various training principals with all the competitive strokes and turns. Varied workouts for speed and endurance. A great class for triathletes and those wishing to make swimming a part of their fitness program. You should be able to swim 4 lengths (100 yards) without rest for this class.

Instructor: Galia Tukachinsky, JCC Head Swim Coach

Tues. & Thurs. 6:15 - 7:15 am \$85/M, \$125/NM 8 weeks 35-5051-3

The JCC is open to all regardless of race, color, religion, national origin, gender, sexual orientation, age disability or economic condition. The Center is handicapped-accessible. www.worcesterjcc.org

REGISTRATION: Complete the following & return, with payment, to the JCC, 633 Salisbury St., Worcester, MA, 01609 or bring it to the kiosk, or fax to JCC 508-754-3373. Refund Policy: Refund/credit to account shall be allowed, less a \$20 administrative fee, for all cancellations or changes by participant, if notice of cancellation or change is received by the JCC office before the starting date of the program. Full refund/credit shall be made in the event an activity is cancelled by the JCC due to insufficient registration. (Masters Swim...Tues. & Thurs..Starts March 16, 2010)

Fee: \$85/M \$125/NM (35-5051-3)

Name: _____ Email: _____

Address: _____ City: _____ Zip: _____

Phone: _____ DOB: _____ Amount Enclosed: _____

Cash Check MC Visa Credit/Debit Card #: _____ Exp. Date: _____

Signature: _____ Date: _____