

# SETTING UP FOR SUCCESS

# Swim To Win— Masters Coached Swimming

“Providing financial assistance for your YMCA friends for over 145 years - find out if you qualify today”

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## **Binghamton Branch**

61 Susquehanna Street  
Binghamton, NY 13901  
Tel: (607) 772-0560  
Fax: (607) 772-0563

## **West Family Branch**

740 Main Street  
Johnson City, NY 13790  
Tel: (607) 770-9622  
Fax: (607) 729-4977

Visit us on the web

[www.ymcabroome.org](http://www.ymcabroome.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- Ages 18 years and up
- Registration can be done monthly or daily
- Programs offered at Binghamton
- Register by the month or daily at the Welcome Center
- First two weeks in September are a trial to gauge interest and will be free. You will still need to register at the Welcome Center



# Swim To Win—Masters Coached Swimming

## Program Information

### PROGRAM FEES:

Member: \$25/month  
\$5/day  
Non-Member: \$50/month  
\$10/day

### CONTACT INFORMATION

Primary:

**Patty Benda**  
**Aquatics**  
**(607) 770-9622 ext 106**  
**pbenda@ymcabroome.org**

Secondary:

**Jennifer Dube**  
**Aquatics**  
**(607) 772-0560 ext 115**  
**jdube@ymcabroome.org**

YMCA Swim to Win—Masters Swim is designed for, but not limited to, the intermediate-advanced swimmer who would like to improve on endurance and stroke technique. Competitive swimmers and tri-athletes are welcome.

### Coached Swim Times:

Tuesdays 6:00-7:30PM

Thursdays 6:00-7:30PM

Saturdays 10:00AM-12:00PM

All practices are held at Binghamton swimming pool

Pre-Requisites: Ability to swim 50 yards continuously. The Y coaching staff will give a free swimming assessment during your first practice to determine if this is the right setting for you.

### Please Note:

- **To Register:** you may call the Welcome Center at either branch, stop by in person, mail your registration along with a check or register online
- For swimmers with long hair, please use a swim cap or tie it back.
- All participants must be in good health and free of communicable diseases.
- Please contact the Aquatics Team Leaders for inquiries regarding refunds or credits.
- The pool will be evacuated if there is a thunder storm; alternate activities will take place of swimming—such as land training.



United Way  
of Broome County