

## **Tri-Masters Swim Program**

The Greenwich Family YMCA is proud to announce an exciting new addition to our aquatics program. This year-round adult swimming program will serve the needs of both local tri-athletes and master swimmers. Weekly practices will be divided into three progressive levels: introductory, intermediate and advanced. The primary focus for tri-athletes will be on freestyle, while master swimmers will have the opportunity to train freestyle, as well as their specialty strokes. We do not believe in the "garbage yardage" approach to training. Technical proficiency will be the underlying theme in each practice. In addition to current tri-athletes and master swimmers, this program is ideally suited for first time tri-athletes, former competitive swimmers and fitness enthusiasts with a passion for swimming.

Matt Cristantiello, a certified personal trainer and full-time coach of the GFYM Marlins Swim Team, will head the Tri-Masters program.

Training will be offered on the following days and times and will commence September 8, 2009:

MON Mid-Day: 12:15 – 1:30

MON Evening: 7:00 – 8:30

TUES Morning: 5:30 – 7:00 or 6:30 – 8:00

WED Morning: 5:30 – 7:00 or 6:30 – 8:00

WED Mid-Day: 12:15 – 1:30

THURS Morning: 5:30 – 7:00 or 6:30 – 8:00

FRI Mid-Day: 12:15 – 1:30

FRI Evening: 7:00 – 8:30

Saturday Mid-Day: 12:00 – 1:30

The program will be divided into three seasons:

Fall (September to December)

Winter/Spring (January to April)

Summer (May to August)

The cost for each season is \$425.00 (Non-GFYM Member) or \$325.00 (GFYM Member.)

To register contact (203) 869-1630 and ask for the **Tri-Masters Swim Program.**