

YMCA Swim Teams



YMCA SILVER SPRING
Piranhas

PIRANHAS

The YMCA Silver Spring Piranhas is a year round competitive swim team participating in both YMCA and USA Swimming leagues. We provide a value centered program based around the YMCA's four core values of caring, honesty, respect and responsibility. We use these values in our mission to develop swimmers of all ability levels to perform at their greatest potential. Our professional coaches emphasize a team environment along with the stroke technique and work ethic needed to succeed in competitive swimming.

For more info contact our Head Swim Coach Aljahai John Henley at aljahai.henley@ymcadc.org.

MASTER SWIM

Masters swimming is an adult aquatic fitness program for individuals who have chosen aquatics as their means of exercise for a healthier lifestyle. Whether you're swimming for **fitness**, training for **competition**, or in need of **stroke tips**, YMCA Silver Spring is the place for you. Masters Swimming programs do not discriminate between levels of ability or the individual goals of its members.

For more info contact flavius.gyorgy@ymcadc.org or stephanie.wishmyer@ymcadc.org.

MONDAY 1/7–2/18 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:45 pm	9:45 pm	Master Swim	02301-05	\$64	\$96

THURSDAY 1/3–2/21 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:45 pm	9:45 pm	Master Swim	02301-12	\$64	\$96

Each class sold separately.

Class schedule subject to change based on instructor availability.

