



Northeast MASTERS SWIMMING

Northeast Y

Contact Information

Aquatic Director
Tabetha Burnham
402-434-9267
tburnham@ymcalincoln.org

Head Swim Coach
Analisa Peterson
402-598-1578
neaquatic@ymcalincoln.org

Masters Swim Program

The Lincoln YMCA is proud to bring you a top-notch Master Swimming and Fitness Program. This swim fitness program is for individuals age 18 and older who enjoy swimming in a structured program. The program benefits those who swim for fun and fitness, and those who swim for competition in swimming or triathlon. Whether you want to improve your swimming and stamina, training for a triathlon, wanting to compete, or just wanting to get back in the pool, there is a place for you. You will have access to a professional coaching staff who will help you perfect your stroke technique as well as offer new and challenging workouts to help you push your limits. Each class will work on various skills including: Stroke Technique, Endurance, Speed, and Strength Training.

How to Register

Must be 18 years old & Y Membership is required to register.
Masters Swimming Registration and Direct Draft Forms can be found at:

- Northeast YMCA Front Desk
- Online at ymcalincoln.org

Time/Location

Northeast YMCA

Wednesday 12:00-1:00 PM
Friday 12:00-1:00 PM

Monthly Fees

Member \$20*
Non Y Member \$40*

*Fees will be drafted monthly from the participants account.

Reasons for Joining

- On Deck Coaching Instruction
- Structured Workout Regimen
- Stroke Technique Evaluation
- Team Camaraderie & Social Activities

Am I ready for masters swimming?

This program is ideally suited for first time masters swimmers, lap swimmers, former competitive swimmers, and fitness enthusiasts with a passion for swimming. If you can swim comfortable for 30-45 minutes you are ready to join us. You can also start with the YMCA's Sport Swimming and Stroke Refinement class or contact Analisa & Tabetha, we can evaluate your swimming and make a recommendation for you.

Week Trial

We invite new participants to attend the program for one calendar week prior to registering for the program. Please contact Analisa Peterson in advance to schedule the week trial.