

**Masters Workout
at the
Bethlehem Area YMCA**

Sundays 8:30 - 10:00 AM

And

Thursdays 6:30 AM - 8:00 AM.

Workouts for fitness swimmers, open water swimmers
(triathletes) and competitive swimmers.

The BAY as it is referred to, is located at
900 Delaware Ave. in Delmar
approximately 1/2 mile after the
Bethlehem High School

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