

Masters Swimming at RPI, Troy, NY
Coached Workout

Coach: Jeff Maxwell

When: Monday through Friday, 6:30-7:30 pm

Must be USMS or United States Swimming, Inc. member.

For more information contact:

Jeff Maxwell at 518-783-9226 or JMaxSwim@aol.com

or

Margaret Schmidt at 518-945-2689

Masters Swimming at Union College, Schenectady, NY
Coached Workout

Coach: Rita Kalmikova

When: Monday through Thursday, 6:00-7:00 pm
Monday, Wednesday, Friday, 6:00- 7:00 am

Price: \$45.00 per month

For more information contact:

Rita Kalmikova at kalmikom@union.edu or call Mary Field at 518-583-4048

Masters Swimming at Albany YMCA, Albany, NY

For more information contact:

Bill Dow at jowill22@aol.com or call 518-373-9088

Masters Swimming in Plattsburgh, New York with the
Lake Champlain Waves

For more information contact:

Stephen Saiz at mshlsaiz@hotmail.com or visit <http://www.lcwaves.org>

