



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WELCOME TO THE PARKVIEW HUNTINGTON FAMILY YMCA ADULT SWIM TEAM

We are currently practicing Monday and Friday mornings at 5:30 a.m. for one hour. Our goal is to grow into a year-round Masters Swim team and to offer 4-5 practices a week. We also would like to give adult swimmers the opportunity to compete in Masters Swim Meets, Open Water Swimming Events, and Triathlons while remaining open and welcoming to swimmers of all levels. We are also open to offering additional bike and run practices for our triathletes.

United States Masters Swimming is a non-profit organization that provides membership benefits to approximately 60,000 swimmers across the country. These benefits include SWIMMER magazine, sanctioned events, insurance, and many others. Arguably the best benefit of Masters Swimming is making friendships and connecting with others while challenging yourself and finding fun and adventure in occasional competition. You can learn more at [www.usms.org](http://www.usms.org).

### HOW YOU CAN HELP

Spread the word about the team to family and friends. Come to practice. Suggest additional practice times that work well for you. We will need a team name when we register with U.S. Masters Swimming – please share your ideas. We'll have a weekly team email to keep you posted. If you want to be on the email list please email [katie.blair@huntingtony.org](mailto:katie.blair@huntingtony.org).

### UPCOMING EVENTS

- **Triathlon Clinics** Saturday July 15<sup>th</sup> and Saturday July 29<sup>th</sup> from 8 am – 10 am, Parkview Huntington Family YMCA
- Saturday August 12, 2017 10<sup>th</sup> Annual **United Way Sprint Triathlon** / Parkview Huntington Family YMCA 400-yard indoor swim- 13 mile bike – 3.1. mile run – learn more and sign up at <http://huntingtonunitedway.org/>
- Saturday August 19, 2017 at 8 am Goshen, Indiana – **1 mile Open Water Swim OR Sprint Triathlon** – learn more and sign up <https://rockthequarrygoshen.com/>

Questions? Feedback? Email [katie.blair@huntingtony.org](mailto:katie.blair@huntingtony.org)