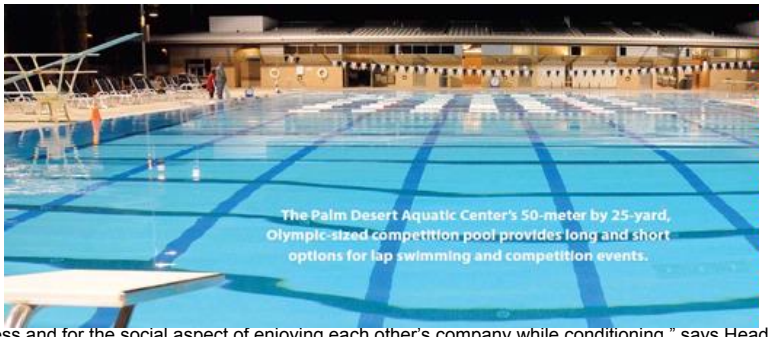
# Masters Swim Program

## Superb Fitness and Fun

Looking for a no-impact, refreshing way to get fit? Consider the Masters Swim Program available through the Family YMCA of the Desert at the new Palm Desert Aquatic Center. Attracting both seasoned and recreational swimmers, the YMCA's Masters Swim Program is designed to get people in the water for a well planned workout, and to have fun while doing it — in water that is a temperate 81 degrees.




"Most people come to the class for fitness and for the social aspect of enjoying each other's company while conditioning," says Head Coach Robert (Bob) Krom. "We don't put any pressure on anyone here. Swimmers can stay as long as they're able during the one and a half hour class time."

Swimming competitively in high school, Krom began to coach swimming in 1994 while his children were in school. He was the head coach for High Desert Aquatics from 1996 to 2007. Most recently, he was the head coach and CEO for the Temple Areas Swim Club in Texas. Krom's expertise includes strength and flexibility, dry land training, and swimmer's nutrition.

"We offer basic instruction and techniques for swimmers who want to improve their strokes," says Krom. "Each class, I write up a new workout schedule which swimmers can follow at their own pace."

While swimmers participate in the Masters Program for fitness, some enjoy competing in various Masters swim competitions. The Aquatic Center's 50-meter by 25-yard, Olympic-sized competition pool provides long and short options for lap swimming and competitions.

"You can work as hard as you want and if you decide to compete, we want you to enjoy the experience without feeling pressured," says Krom. "The participants at the meets are a great group of people."

The Palm Desert Aquatic Center is located at 73751 Magnesia Falls Drive in Palm Desert at the northeast end of Palm Desert Civic Center Park.

**The Masters Swim Program is for beginning, intermediate and advanced swimmers, ages 18 and up. Class times are Monday and Wednesday mornings from 5:30 to 7 a.m., Tuesday, Thursday and Friday from 5:30 to 7 p.m. and every other Saturday from 7 to 9 a.m. Monthly program fees are $60 for Palm Desert residents and $80 for non-residents. Drop-in program fees are $6 for Palm Desert residents and $8 for non-residents. For more information about class schedules and programs, and for a complete listing of hours, call the Aquatic Center at 760-565-7467 or visit www.desertymca.org.**

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