

Benefits

- Great opportunity to improve fitness and train in a structured environment
- Make new friends with similar interest
- Learn the stroke techniques and drills from certified swim coaches
- Learn from your lane mates
- Participate in organized competitions and team events
- Website and Email list for team communications and event postings
- Have Fun
- Try new things



Requirements

1. Must be 18 years or older
2. Swim 200 Yards (8 lengths of a 25 yard pool) without stopping
3. Swim 1000 Yards in 1 hour
4. Have the right gear (suit, goggles, cap, a water proof watch if you cannot see the pace clock)
5. (Optionally) To compete you need UMSM Membership



CMYM is a Registered Local Masters Swim Club with



<http://Maryland.Usms.org>

<http://www.CMYM.us>



Masters Swimming



**CENTRAL MARYLAND YMCA
MASTER SWIM TEAM**

Coach Lead Swim Practices
For ages 18 to 100+

Targeted for
Fitness, Triathletes, Open Water and
Competitive Swimmers

Hours/Locations
Tuesday & Thursday
Ellicott City YMCA: 8:45pm to 9:45pm
Monday & Wednesday
Catonsville YMCA: 9:00pm to 9:50pm

For more information
E-mail: CoachMike@cmym.us
Website: <http://www.cmym.us>

WHAT IS CMYM Masters Swimming?

Central Maryland YMCA Masters Swimming is a swim team for adults 18 and over. The goal of the team is to provide a fun environment for exercise and swim stroke instruction. For all swimmers, emphasis is placed on training and developing life-long swimmers.

So whether you are a novice swimmer wanting to get in shape or an experienced swimmer wanting to sharpen your strokes with an eye towards competition we have something for you.

Our team of coaches work with the swimmers on improving their strokes and stamina. All skill levels are welcome, including but no limited to:

- Novice swimmers
- Former-college and high school swimmers
- Triathletes
- Open Water (lake, river, ocean, bay)
- Anyone looking to get into shape (or stay in) shape using swimming workouts.



Membership Information

The CMYM Swim Team is run as a eight week "class". This class is offered each YMCA session at the Ellicott City YMCA. We are limited to 60 members at any time do to the facility space. You can start the class after the session has start but you will not be entitle to any prorata discount until 1/2 way through the session (at the front desk discretion only).



Cost for each session is currently \$32 for YMCA Members and \$64 for non-YMCA Members. Register for the current session of "Masters Swimming (01501)" from the Ellicott City YMCA (NOTE: that we practice at 2 different locations based on the day of the week).

Locations & Times

Ellicott City YMCA

4331 Montgomery Road
Ellicott City, MD 21043
(p) 410-465-4334

Tuesday & Thursday
8:45pm to 9:45pm

Catonsville YMCA

850 S. Rolling Road
Catonsville, MD 21228
(p) 410-747-9622

Monday & Wednesday
9pm to 9:50pm

Coaches

Head Coach **Mike Jacobson** has been involved in all levels of swimming and coaching. He was a age group swimmer in Northern Virginia and competed in college for North Carolina State University. He has coached summer league and age group programs. He also helped found the CMYM team in 1999 and became the Head Coach in 2000. Mike is a ASCA certified swim coach, PSIA ski instructor and the current USMS Maryland Chair.



Coach **Ray Toy** started swimming with the CMYM



team in the fall of 2000, and became a coach soon thereafter. He is from the Philadelphia area where he was an age group swimmer with the North Penn

Aquatic Club and Tri-Captain of the North Penn High School Swim Team. As a first year student at the University of Virginia, he swam for the Charlottesville Area Swim Team. He handles the maintenance of the team records and he organizes the team relays at meets. In addition, he has also served as Secretary for USMS in Maryland.

CMYM also employees a couple of volunteer coaches. Most notably Teck Choo who was on the Malaysian National Team.