

MID-MAINE MASTERS

Swim Program

AGES
21-100

Flexible Adult Swim Practice Schedule
Build Endurance
Swim Competitively across New England

PRACTICE SCHEDULE

Monday thru Friday

Mornings	6:00—7:00AM
Lunch	11:00AM-12:30PM
Evenings	7:00-8:00PM

*Swimmers can attend
one or more practices each day.*

*Practices held during AYCC Open Swim
MMM Swimmers have reserved lanes.*