



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MASTERS SWIM

JEEP ROGERS FAMILY YMCA

Monday & Friday
5:30–6:30 am

Tues/Wed/Thurs
7:45–8:45 pm

Saturday
8:00–9:15 am

NORTHWEST FAMILY YMCA

Monday –Thursday
7:00–8:00 am



Coach Nicole

Nicole has worked for the YMCA of Columbia since 2015. She is a teacher and swim coach at Blythewood High School.



Coach Alex

Alex has worked for the YMCA of Columbia since 2010. He is a graduate of Clemson University and has a degree in Food Science and Nutrition.

QUESTIONS?

Contact Jeep Rogers Aquatics
Director Amy Dodson at
amydodson@columbiaymca.org

