



We build strong kids,
strong families, strong communities

FOR IMMEDIATE RELEASE:

Triathlete Mark Snowise, MD Leads Master Swim Class at YMCA

March 3, 2010—PITTSFIELD, MA: Local Triathlete Mark Snowise, MD will volunteer his time to the Pittsfield Family YMCA starting this Sunday, March 3, 2010. Snowise will be hosting the weekly Master Swim session that will take place on Sunday mornings from 7:30 a.m. to 8:30 a.m. at 292 North Street in Pittsfield Massachusetts. Learn advanced swimming techniques from nationally ranked Triathlete Dr. Mark Snowise at the YMCA. This class is specially targeted to avid swimmers and triathlon participants. Get in shape and get ready for the Y-Athlon that will be taking place this year on Saturday, August 28, 2010. Our Master Swim session is free to members and \$5 a class for non-members.

Mark is a local Family Medicine physician who is also fellowship trained in Primary Care Sports Medicine. He has worked with athletes of all levels and abilities, helping them deal with various injuries to develop proper training programs which prevent further injuries. Mark's sports medicine experience enables him to incorporate very specific fitness testing into his medical practice.

Mark has raced all distances of triathlons but his main focus is on half and full ironman distances. He has been highly competitive at the half ironman distance and completed his first Ironman this past September. More information about Dr. Mark Snowise and the Berkshire Triathlon Club visit berkshiretri.com.

The nation's 2,686 YMCAs respond to critical social needs by drawing on or collective strength as one of the largest not-for-profit community service organizations in the United States. Today's YMCAs serve thousands of U.S. communities uniting 21 million children and adults of all ages, races, faiths, backgrounds, abilities, and income levels. The Pittsfield Family YMCA has now been building strong kids, strong families, and strong communities in Berkshire County for 125 years.

For more information on our Master Swim Class and aquatics programs please contact the Aquatics Director, Georgette Keator at (413) 499-7650 ext. 11 email her at gkeator@nycap.rr.com or visit pittsfieldfamilyymca.org

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