



Are you interested in advancing your swimming skills and abilities?

Join our Master's Adult Swim Team!

You will receive:

- An on-site coach* available for you twice a week to run drills with participants.
- Differentiated workouts including sets for beginning, developing, and proficient competitive swimmers.
- Training in specialty areas to include triathlons, competitive swimming, and open water skill work.
- Specific training workouts provided for you weekly.
- The opportunity to participate in competitive meets against other Master Swim members from varying organizations.

January 5—February 26, 2010

On-site coach available:

Tuesday & Friday 6-6:30 a.m.

\$12.00/week (member only) \$96.00/session

U.S. Masters Swim Team Registration Form

Participant's Name: _____

Member #: _____

Email address: _____

Home phone: _____ Cell: _____

Amount Due*: # of weeks _____ x \$12 = \$ _____

*We will allow the registrant to begin their class after the session's beginning, or end the class early.

Office only:

- Sell as swim club cash
- Registration forms & Questions: Donna Wilson