

# MASTERS SWIM PROGRAM

**Masters swimming is for anyone 18 years and older. Our coaches and instructors teach:**

- *Swim lessons*
- *Adult fitness swimming*
- *Competitive swimming*
- *Open water swimming*
- *Triathlon swimming*

Our goal is to help you achieve your swimming and fitness goals. Join us for expert coaching, technique instruction, camaraderie, and much more!

**FOR MORE INFORMATION OR TO JOIN:**



**U.S. MASTERS  
SWIMMING**

Our Masters program is registered and/or affiliated with U.S. Masters Swimming, the national governing body for adult swimming. As a USMS member, you are covered by USMS insurance in practices and you may compete in USMS pool, open water and fitness events. All USMS members receive *SWIMMER* magazine and are eligible for special offers from sponsors, plus full access to all online training and social resources and much more! Visit [usms.org](http://usms.org) or our club website for more information.