

Aquatics

Master's Training 2010-2011

Goal: Swimming for complete fitness. Through the leadership of Saw Mill Club's coaching staff, adults will perfect their stroke and if they choose learn or perfect the other three competitive strokes. Overall cardiovascular endurance and muscular strength will be gained through periodization of training. We will teach you how to design a workout, with a warm-up, drill set, interval set(s) and cool down. An integral part of our training program is the use of the various swim equipment.

Past age groupers, collegiate swimmers, along with tri-athletes and lap swimmers, it's time to return to the pool. Experience the spirit and camaraderie of group swimming, join us poolside Fridays, from September until the end of July. For those seeking competition, we will facilitate your USS Master's registration and guide you through meet registrations.

For beginners, if you can swim at least four lengths of the pool continuously, it may be time for a new fitness challenge and a change in your regular routine.

Dates:	September-end of July	
Days:	Fridays	
Days:	Fridays, 9:30-10:30AM	
Fee:	Member:	\$270 / 10 pack
	Non-Member:	\$360 / 10 pack

Registration Form

Master Training 2010-2011

Name _____ Member No. _____

Address _____ City/State/Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____