

Masters

What is Masters? Masters Swimming is a swim workout for adults.

Why join? Swimming is a great form of exercise that can work all the major muscle groups. Swimming can reduce stress, help maintain a healthy weight and promote cardiovascular fitness. It can also influence muscle tone and endurance. Masters Swimming is fun, social, and a life-long activity.

When are the workouts?

Mondays, Wednesdays, Fridays from 6:00-7:00am and 9:00-10:00am

Does each swimmer swim thousands of yards during the workout? The written workouts are meant to be challenging for experienced swimmers and are modified by the coach so that each swimmer is challenged for the duration of the workout. The coaches work on proper technique, and incorporate drills, kicking, pulling and unique sets into the workouts. Considerations are made for swimmers' limitations (injury, fitness level, etc.)

What are all of the numbers and symbols on the dry-erase board? The coach writes the day's workout on the dry-erase board. Although s/he usually uses numbers and abbreviations in a consistent way, sometimes the symbols are short-hand for a longer description that is explained during the workout.

If it's just an adult swim workout, why is it called Masters? Masters Swimming is sanctioned by a national governing body – USMS. There are many meets hosted by Masters' teams throughout the Bay Area. If you choose to compete, the coach and other swimmers will be thrilled to help you prepare for and reach your goals.

How do I join? Please complete an Alpine Masters Swimming Registration Form and return it to the Aquatics Department. Participants must also join United States Masters at www.usms.org. As a member of this national organization and our local Pacific Masters you'll receive an informative magazine as well as regular Masters newsletters with interesting articles, training tips, meet schedules and much more. The monthly fee for Alpine's Masters program is \$45 for Members, \$70 for Non-Members.

Can I try one of the workouts without committing for the year? Yes! Introduce yourself to the coach and join in for a day's workout. You can then decide if you want to join the Masters Swim Program.

Non-Members Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (see authorization form). Non-members may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

Alpine Hills Masters Swimming

Registration Form

Name:		
Address:		
Member #:	Primary Phone:	Email:

Interests <i>(Please check all that apply)</i>			
<input type="checkbox"/>	Compete in Meets	<input type="checkbox"/>	Social Events
<input type="checkbox"/>	Swim for Exercise	<input type="checkbox"/>	Private Instruction
<input type="checkbox"/>	Triathlon	<input type="checkbox"/>	Quarterly Stroke Clinics
<input type="checkbox"/>	Cross Training	<input type="checkbox"/>	Saturday Practice
<input type="checkbox"/>	Open-Water Events	<input type="checkbox"/>	Volunteer Team Coordinator
<input type="checkbox"/>	Injury Rehab	<input type="checkbox"/>	Other:

Fees	
\$45	Monthly Member Fee. Charged to your Member Account at the end of the month
\$70	Monthly Non-Member Fee. Charged to provided Credit Card on 10th of the following month.
\$8	Daily Drop-In Fee for Members (Monthly fee applies at 4 th drop-in)
\$12	Daily Drop-In Fee for Non-Members (Monthly fee applies at 4 th drop-in)

Policies

- ❖ Member charges will appear on the monthly Alpine Hills statement.
- ❖ Non-Members pay by credit card; complete attached authorization form.
- ❖ Masters participants should register with US Masters Swimming (visit www.usms.org)
- ❖ Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (see authorization form). Non-members may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

Signature _____

Date _____

