

# Adult Fitness Swimming 101

Sponsored by:



**MASTERS SWIM TEAM**

## Improve your physical fitness through swimming with WMST

- WHEN: Tuesday and Thursday from 10:00 –11:00 AM (20 classes), starting Sept.15th.
- The purpose of this 10-week Swimming 101 course is to improve your swimming knowledge, understanding, and skills so you can use swimming to improve your physical fitness.
- You will learn to swim each stroke faster and with less effort.
- The fitness swimmer and competitive swimmer alike will benefit.
- Set a personal goal, we'll help you attain it.
- **Class size is limited. Reserve your spot today!**

These classes are mostly designed to bring newer swimmers up to speed, and are also a great way for experienced swimmers to get a breakthrough or improvement in a particular stroke or skill.

**September 12: FREE Getting started Clinic 10 – 11 AM at the CISD Natatorium**  
**Only for participants interested in Adult Fitness Swimming 101**  
**RSVP at [wmst@wmst.net](mailto:wmst@wmst.net)**

## Topics to be covered during the 10-Week, 20-Session Course

Freestyle	Strength training
Backstroke	Nutrition
Butterfly	Interval Training
Breaststroke	Pace work
Flip Turns	Lane Etiquette
Stroke Turns	Goal Setting
Starts	

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### **New Swimmer: \$135 for the 10-week clinic**

\$95 for the 10- week clinic plus \$40 for USMS registration fee for 2009

### **Current WMST Swimmer: \$50 for the 10-week clinic**

If you would like to participate in other WMST workouts you must continue your monthly/punch card WMST dues  
*There will be no extra lanes during this time slot for WMST swimmers who are not enrolled in Swimming 101*

Needed equipment: Goggles, swim cap, swimming fins, kickboard, and pull buoy

Requirements for Swimming 101: Note this is not a learn- to- swim program.

The swimmer must be able to complete a 25-yard freestyle. Must be 18 years old to register.

**Register for swimming 101 at**

[www.wmst.net](http://www.wmst.net)

**832-289-4267**

[wmst@wmst.net](mailto:wmst@wmst.net)