

# January Masters Swim

Burlingame Aquatic Center is an outdoor, 50 meter pool, conveniently located at Burlingame High School. The facility is open year-round and the water temperature is maintained between 78-81 degrees and is handicap accessible.

### **About Masters Swim:**

Each workout is run by an experienced coach who can offer whatever level of coaching feedback you desire. Practices are designed to provide a substantial aerobic workout while simultaneously creating an environment conducive to improving stroke technique and efficiency.

### **Getting Started:**

All masters participants must register annually with US Masters and create an account with BAC. You can get a quarterly pass for \$185, buy a 10 swim pass for \$100, or pay a drop-in fee of \$10. If you'd like to try masters before creating an account and buying a pass, just pay drop in and try it out for the day!

*\*\*\*Masters Hours Subject to Change\*\*\**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/27 7:30-9:00am (LC)	12/28 5:30-7:00am (LC) 7:00-8:15am (LC) 12:00-1:15pm	12/29 5:30-7:00am 12:00-1:15pm	12/30 5:30-7:00am 7:00-8:15am 12:00-1:15pm	12/31 <b>7:30-9:00am</b> <b>NEW YEAR'S</b> <b>EVE</b>	1 <b>7:30-9:00am</b> <b>NEW YEAR'S</b> <b>DAY</b>	2 7:30-9:00am
3 7:30-9:00am (LC)	4 5:30-7:00am (LC) 7:00-8:15am (LC) 12:00-1:15pm	5 5:30-7:00am 12:00-1:15pm	6 5:30-7:00am 7:00-8:15am 12:00-1:15pm	7 5:30-7:00am 12:00-1:15pm	8 5:30-7:00am 7:00-8:15am 12:00-1:15pm	9 7:30-9:00am
10 7:30-9:00am (LC)	11 <b>5:30-7:00am</b> <b>AT CSM</b> <b>BHS ANNUAL</b> <b>MAINTENANCE</b>	12 <b>5:30-7:00am</b> <b>AT CSM</b> <b>BHS ANNUAL</b> <b>MAINTENANCE</b>	13 <b>5:30-7:00am</b> <b>AT CSM</b> <b>BHS ANNUAL</b> <b>MAINTENANCE</b>	14 <b>5:30-7:00am</b> <b>AT CSM</b> <b>BHS ANNUAL</b> <b>MAINTENANCE</b>	15 <b>5:30-7:00am</b> <b>AT CSM</b> <b>BHS ANNUAL</b> <b>MAINTENANCE</b>	16 7:30-9:00am
17 7:30-9:00am (LC)	18 5:30-7:00am (LC) 7:00-8:15am (LC) 12:00-1:15pm	19 5:30-7:00am 12:00-1:15pm	20 5:30-7:00am 7:00-8:15am 12:00-1:15pm	21 5:30-7:00am 12:00-1:15pm	22 5:30-7:00am 7:00-8:15am 12:00-1:15pm	23 7:30-9:00am
24/31 7:30-9:00am (LC)	25 5:30-7:00am (LC) 7:00-8:15am (LC) 12:00-1:15pm	26 5:30-7:00am 12:00-1:15pm	27 5:30-7:00am 7:00-8:15am 12:00-1:15pm	28 5:30-7:00am 12:00-1:15pm	29 5:30-7:00am 7:00-8:15am 12:00-1:15pm	30 7:30-9:00am

All times listed are short course unless you see "LC" for long course swim.

For questions about the Masters Swimming program please contact head coach Cory Ferrara at [cory@burlingameaquatics.com](mailto:cory@burlingameaquatics.com) or our front desk at 650-558-2881.