



South West Aquatic Sports

Masters Program

South West Aquatic Sports, SWAS, is now offering a Masters Swim Program with USMS.

Masters swimming provides adults with an opportunity to train, improve fitness, and enjoy swimming. SWAS will offer training at two locations 49er Country Club and Eastern Hills Aquatic Club. Members may choose to participate at either location.

The Purpose of U.S. Masters Swimming

Mission statement

- To promote health, wellness, fitness, and competition for adults through swimming goals and objectives
- To encourage and promote improved physical fitness and health in adults
- To offer adults the opportunity to participate in lifelong fitness and/or competitive swimming program
- To encourage organizations and communities to establish and sponsor Masters swimming programs
- To enhance fellowship and camaraderie among Masters swimmers
- To stimulate research in the sociology, psychology, and physiology of Masters swimmers.

Schedule:

49er Country Club 12000 E. Tanque Verde Rd

5:30 - 7:00 am	M-F	August - May
6:30 - 8:00 am	Saturday	August - May
9:00 - 10:00 am	M-F	August - May
5:00 - 6:30 am	M-S	June

Eastern Hills Aquatic Club 981 N. Evelyn

6:00 - 7:30 pm	M-F	April 30 - May 25
5:30 - 7:00 am	T/TH	May 29 - September 30
6:00 - 7:30 pm	MWF	May 29- September 30

Fees:

Club Members \$40/ Month Non-Members \$65/Month

Annual Registration USMS and club fee \$60.00

Addition expenses will include: personal training equipment, entry fees, coaches deck fees at meets, and coaches travel expenses shared by participants. Members are also asked to participate in team fund raising events for deck equipment.

Registration: To register go to swaquaticsports.com

Select the Registration tab on the home page, you will need to create an account and follow the prompts to register for Masters swimming. Memberships may be put on hold with a 30-day email notice, as billing is automatic through our web site.

Personal Equipment: Suit, goggles, cap, fins, snorkel, paddles. Ordering information is available under the "Documents Tab" on our web site.