

MASTERS OF BILLINGS (MOB) SWIM CLUB INFORMATION

Workout Details:

Masters of Billings (The MOB) is a nonprofit organization that exists to provide adult swimmers an opportunity to swim with like minded adults. Swimmers over 18 of all abilities welcome! Some members compete in either swimming events or triathlons, some don't. You choose. Some folks join for conditioning, fitness, injury rehab, etc. etc. Workouts with a variety of freestyle and non-freestyles strokes are provided by member volunteer/coaches, who are on deck each practice to provide encouragement, instruction and support. Your comfort level is important during practice so we encourage you to follow the given workout, but you can decide what is best for you to do and not to do. If you need more breaks, take them. If you need to get out early, fine. A FREE trial is offered.

We swim from early September to the end of July. The pool is closed for maintenance sometime around the end of July until MSU-B opens again in September. Practices are on Monday, Wednesdays, and Fridays from 5:30am at MSU-B Pool. The Southwest door on Mountain View Boulevard is opened about 5:20am to enter the building. Please park on the street, as parking spaces are reserved for MSUB employees. Use of locker rooms and showers is included. You must enter through the locker rooms to get onto the pool deck. The club puts in lane lines and sets up flags and time clocks for each workout. The doors from the locker rooms to the pool deck must also be closed/locked at the end of each practice. Any assistance you can provide in setting up or closing down at the end of practice is appreciated.

Fee Information:

USMS Registration: *United States Masters Swimming (USMS) is mandatory for all swimmers.* Register online at USMS.org or request a membership application from Rosanne. The registration fee is \$48 annually, less if registering after September 1. Please register as a "Montana Masters" swimmer. **Checks for USMS registration will be written out to "Montana Masters-USMS."**

CLUB FEES: Club fees are \$30.00 per month flat fee due prior to the first of the month. Prepayments in September for Fall Semester, in January for Winter Semester, and in May for Spring are appreciated. We do not refund paid fees, but may provide future credit if you are unable to finish out the session after paying ahead. Please let Rosanne know as soon as possible if for some reason you are unable to swim after prepaying your dues. **All checks for fees can be made out to "Masters of Billings" or "MOB", and given to Rosanne.**

President currently vacant

Vice President currently vacant

Treasurer: Rosanne Flann

8400 Clark Road, Shepherd, MT 59079

cell or text 671-3505 rflann@chrosmack.com

Websites: <http://swimwiththemob.webstarts.com/index.html> (MOB site)

<http://www.ultimatemontana.com/montanamasters/index.html> (State site)

New Member Information Sheet – Please give to Rosanne with your dues. **Communication is primarily by e-mail. An e-mail address is essential to give notice of changes or last minute practice cancellation.**

Name _____ Date _____

Address _____

Phone numbers-list by your preference: Home _____ Cell _____ Work _____

e-mail address/s _____

updated 8-29-2013