

Welcome to SCSC Masters' Adult Swim Programming.

If you are interested in swimming for fitness, or, are looking for some basic instruction to help you swim better, please read this entire page.

Not familiar with Masters' Swim Clubs? What is a Masters' Swimming Club?

"Masters" is a universal term used for Adult Swimming or more precisely a Masters' Swim Club provides a place for Adult Swimmers to swim in an organized environment that usually includes time slots for folks to swim in a coached work out, or they can elect to swim during open hours in designated lap lanes. All Masters must be 18 years or older for insurance reasons.

Master's Swim Clubs are under the guidance and protection from United States Masters Swimming, (USMS). SCSC is a member of USMS, and, all our Swimmers (Members) must also join USMS for your and our liability coverage.

To be eligible to swim with the SCSC Masters' Program a swimmer must first belong or join United States Masters Swimming, known as "USMS". This is a yearly fee of \$46.00 that covers the club's liability insurance as a Masters' Club within USMS Policies, Guidelines, and, Liability Coverage. USMS offers a one month trial period if you are unsure about actually joining USMS. The Trial Form can be downloaded from the usms.org website. Or the Masters' Coach on Deck has forms you can sign at our pool sites. The Waiver is applicable for only one month. Should you join our club, and, maintain your membership, please officially join USMS.

In short, A Masters' Swim Club is a place for adults to swim in a more structured environment than say at a YMCA or an open community pool environment.

What is Santa Clara Swim Club (Masters)?

SCSC Masters' is a Club Membership with monthly dues. Dues are collected monthly regardless of pool openings as it is a club due. Our structure is simple, we have designated lanes, during designated hours, that the club allows lane space for the Masters' Program (adults) to swim and train for swimming fitness.

There are Masters' coaches that supervise different levels of workouts. Also, there are lap lanes available during most Masters' hours. However, certain times there are restrictions which pool/lanes are available for lap swimming. For schedule information please click on the schedule Tab, also read Important Notices and Closure Dates Tab.

For more information regarding how to join, or what is needed, please also read the Join Tabs and the Comfort Level Tab for more regarding what to bring, and, what to expect your first visit.

About SCSC Masters - Summarized:

- * Santa Clara Swim Club Adult Swim Program is a member of United States Masters Swimming (USMS).
- * We offer **coached workouts or lap lanes** for Members (adults) aged 18 and over and is in season all year – Basically we offer approximately 320 open days a year.
- * SCSC Master's Club Membership has lanes for [SCSC MASTERS' Member lap swim](#) during most "work out time slots".
- * Our program features 3 Workout Types : [Beginner \(Instructional Work Out\)](#), [Intermediate \(Base Work Out\)](#), and [Advanced \(Gold Elite\)](#).
- * Member Lap Swim lanes are usually available during all work out time slots except the lunch time work outs. (City of Santa Clara runs a noon time lap program – see their website/Parks and Rec/Pools)
- * SCSC Masters' has given time slots for every day of the week – lane space is shared with other groups at various times.
- * SCSC also offers Adult Lessons managed under the [Learn To Swim Program](#) for those with no prior swimming experience or are wanting group or private stroke lessons.

Please read all the Masters' Info Tabs for complete information regarding schedules, fees, policies.

We do not take phone calls for the Adult Masters' Program.

The Masters Info Tabs should explain most aspects of our program, please review all tabs for complete information regarding the SCSC Masters' Program. Should you have an additional question

please send an e-mail to:

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