



HSA MASTERS SWIMMING

HSA Masters team is a member of United States Masters Swimming.
Masters Coach Brooke Pate has been coaching swimmers, of all ages for over 45 years.
We have swimmers of all ability levels from learning to swim, fitness swimmers, triathletes,
open water swimmers and those who compete at Masters Nationals.

Masters Group Options

HSA Masters offers three practice options for year round swimming enthusiast.
#1 - Morning Masters, participants are offered 6 practices weekly, times are below
#2 Saturday Only, Sat only and are welcome to practice on holiday mornings as well
#3 HSA Masters Drop In – Visitors are welcome to drop in with HSA Masters.

Practice Times

August – May: Mon – Fri 5:00 -7:00 am Saturdays 5:30 - 7:00am.

June – July: Mon - Fri 5:00 -6:30 am Saturdays 5:00 – 6:30am.

Workout is typically short course August – May with some exception & long course June – July.

We also have an open workout policy and Coach Brooke is usually there by 4:45 weekdays,
Sat by 5:00 so you can come in early or any time after and stay as long/short as you want, but
must be out of the water by 7:00am August – May and 6:30am June - July.

Registration and Fees

You can register for the Masters program on the HSA website [HERE](#)

To join HSA Masters you must be a member of USMS

#1 HSA Morning Masters fees include a yearly \$50 USMS registration fee,
\$25 HSA registration fee and \$58 monthly training fee.

#2 HSA Saturday Only Masters fees include a yearly \$50 USMS registration fee,
and \$20 monthly training fee.

#3 HSA Masters Drop In – \$6 per visit with valid USMS card, 1 time out of town visitors with
valid USMS swim for free

For information or questions concerning HSA Masters contact:

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