

USAM MASTERS SWIM TEAM

Start Date: October 12 – Dec 31 (12 weeks)

When: Tuesday/Thursday (8 pm-9pm) & Sat (8am-9am)

Location: Troy Boys and Girls Club, 1700 7th Ave, Troy, NY 12180

Cost: \$20 Drop in daily fee, \$120 Monthly(\$10 hr), \$300 (\$8.33hr) (quarterly) in program.

All Payments are made to "USAM", payments should be made at 1st practice for group plan.



- We use back entrance to facility and you will need to be buzzed in. (Fenced in areas near storage container/playground.)
- Facility size is 5 lane – 25 yard pool.
- Limited Space (see below)
 - 2-3 lanes will be available from 8-8:30 pm Tue/Thur (Other lanes will be used by club swim team.)
 - 5 lanes from 8:30 pm to 9 pm.
 - Saturday 8-9 am – 5 lanes open. Promptly end at 9 am when club swimmers arrive.

Coach/Lifeguard on deck at all practices. (Some club coaches will also be in the water swimming the pre-written practice.)

If you are looking for more training and lessons, we can discuss private lessons or additional training options.

All Participants must be registered with USMS (U.S. Masters Swimming).

- This is an additional fee that you must pay.
 - (This covers the insurance for practices and possible competition if you are interested in that as well.)

This is a trial program based on interest and cost effectiveness for the program to run.

Expectations regarding COVID – Wear mask into facility, wear mask if not in pool/using locker room, talking on pool deck. While in pool being respectful of each person's space and avoid any potentially dangerous activities.

Please email headcoach@unclesamswimteam.com any questions or if you wish to be part of this group.