



## USAM SWIM TEAM MASTERS SWIMMING OPTION

- Coach Written Practice with occasional feedback.
- WHO: Adults and College students over 18 years of age.
- Cost: \$50 a month.
- Start: June 27- August 15 (8 weeks)
- Time: 6 am -8 am
- Location: RPI, Robison Pool, 15<sup>th</sup> Street, Troy, NY 12180
- Insurance of USMS – required (\$52 annual fee – online). [www.usms.org](http://www.usms.org)
- Team: USAMT
- Contact Info: Robert MacLeod, 518-495-3470 (Cell)

