



BOYS & GIRLS CLUBS
OF THE CAPITAL AREA



Masters Swimming with USAM Team

(Ages 18 and over)

Join the USAM Team – Masters Swimming program is designed for 18 and over, who would like to start or continue swimming as a form of fitness or training. The program will be open to all levels and practice groups are based on skill. Stroke instruction and refinement will be addressed, upon request. Even if it's been years, come be a part of a fun swimming community. Triathletes welcome.

CLASS DAYS

- Tuesday & Thursday and Saturday
 - January 16-March 25 (10 weeks)
 - 8 pm – 9 pm (Tue/Thur, Sat 8-9am)
- Ages 18 and over
- **Cost:** \$125 (Approx \$50 a month)

Location: Troy Boys and Girls Club – BACK ENTRANCE (Near Playground, inside fence area, near storage container) – 1700 7th Ave, Troy, NY 12180 (Use 6th Ave entrance and parking.)

Coach: Lifeguard on Duty (Justin – Past Club swimmer available for swimming advice.) Age Group Club coaches also available may be in the water taking part as well.

Insurance: If you are not directly affiliated with the Boys and Girls Club of Capital Region you will need to apply for insurance via USA Master Swimming.

<https://www.usms.org/join-usms/join-or-renew>

