

**SIGNED UP FOR THE MEMPHIS 70.3 AND NEED TO GET
READY FOR THE SWIM?
LOOKING FOR A GREAT NON-IMPACT CARDIO PROGRAM?**

JOIN THE MASTERS SWIM PROGRAM

Masters Swimming is for anyone 18 years and older. Our Coaches teach:

- Adult Fitness Swimming
- Competitive Swimming
- Triathlon Swimming

BRC Members: \$40/month

Non-Members: \$55/month

All Swimmers must apply for USMS Membership at USMS.org (approx. \$50 annually)

Classes are instructed by level 2 USMS trained coaches.

For more information contact:

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E-mail: GainesUSMS@gmail.com

Practices are Tuesdays and Thursdays 5:00am – 6:00am at Bartlett Recreation Center

Our Master's program is affiliated with U.S. Master Swimming, the national governing body for adult swimming. As a USMS member, you are covered by USMS insurance in practices and may compete in USMS pool, open water and fitness events. All USMS members receive *SWIMMER* magazine and are eligible for special offers from sponsors, plus full access to all online training and social resources and much more! Visit usms.org website for more information.

