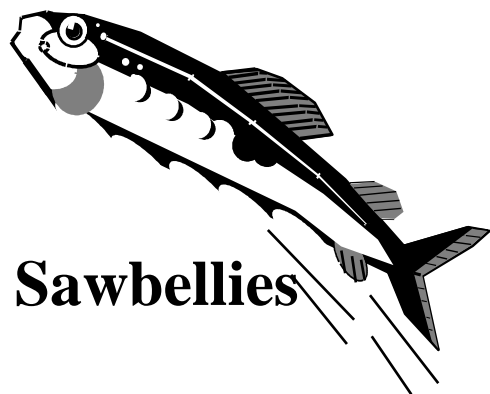


UNITED STATES MASTERS SWIMMING



Sawbellies

SAWBELLIES CLUB SCHEDULE: at Canandaigua High School 8:30pm to ~9:30pm (M,TU,TH)

WHAT IS MASTERS SWIMMING?

United States Masters Swimming (USMS) is for adults age 19 to 100+ (no previous competitive swim experience is required, in fact most have none) The Canandaigua Masters Swim Club, part of Niagara District Masters Swimming (NDMS), trains throughout the year and competes in U.S. Masters Swimming Invitational Swim Meets about one weekend per month, including the NYS Short Course

Championships and others. The swimmers compete for places based on sex and age. Age groups for men and women are every 5 years starting with 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, etc. up to 100+. The competition part of Masters Swimming is not required and many adults prefer to do the training and swim in only a few or none of the meets. Many join to prepare for Triathlons. All participants benefit from good training, getting in shape and interacting with the other team members.

WHAT IS THIS TRAINING ALL ABOUT?

The Canandaigua Masters Swim club trains Monday, Tuesday, and Thursday, at the Canandaigua Academy from 8:30 to ~9:30 pm, year around. Workouts are designed by the coach to prepare the team for competitive swimming. Most workouts include sets of 100 and 200 yards in freestyle, backstroke, breaststroke and butterfly. Swimmers learn how to swim these strokes and how to do starts and flip turns. Work with kickboards and pull buoys is also taught. New swimmers are encouraged to gradually phase into workouts until the swimmer is in shape. Get in shape slowly, have fun and swim fast. See you at the pool!!!

HOW CAN YOU JOIN?

Swimmers join on a yearly basis and can swim all year or for any part of the year. There are two fees to join the swim club. The first is the fee for joining USMS, www.usms.org, \$60 per year from January to December. All members of the Canandaigua Masters Swim Club must be USMS members because it is through the USMS insurance that we satisfy the insurance requirements of the Canandaigua Academy. The second fee is a club fee of \$15 per month used to pay for lifeguard-time and pool use fees. A free two-week trial period is available and financial assistance is available if necessary. Just show up one night, bring a friend, a bathing suit, goggles and towel.

FOR MORE INFORMATION:

www.sawbellies.org

<http://www.niagaramasters.org>

<https://www.usms.org>

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