

# JOIN MASTERS SWIM TEAM!

Want a great way to stay in shape without the stress of lifting weights? Masters swimming is for anyone 18 years and older.

Our coaches and instructors teach:

*Swim Lessons*

*Adult Fitness Swimming*

*Competitive Swimming*

*Open Water Swimming*

*Triathlon Swimming*

Our goal is to help you achieve your swimming and fitness goals. Join us for expert coaching, technique instruction, camaraderie and much more!

**Monthly Fee: *ONLY* \$25 for Members**

**\$55 for Non-Members (includes admission to pool)**

**Practices 3 days per week: Mon/Wed/Fri 5:30am-6:30am & Noon-1:00pm**

**Head Coach: Brad Langford**

**Phone: 919-644-0339 ext. 241**

**Email: [cgordon@oc-sportsplex.com](mailto:cgordon@oc-sportsplex.com)**



Our Masters program is registered and/or affiliated with U.S. Masters Swimming, the national governing body for adult swimming. As a USMS member, you are covered by USMS insurance in practices and you 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](http://usms.org) or our club website for more information

**NEW SEASON STARTS WEDNESDAY, SEPT. 19TH!**

# MASTERS SWIMMING FAQ



## **When can I start?**

Anytime! Monthly membership fee will come out every month on the same day of the month as your first payment

## **When are classes?**

Monday, Wednesday, and Friday

5:30am to 6:30am

Noon to 1:00pm

## **What is the cost?**

**Sportsplex Members *ONLY* \$25/month**

Non-Members \$55/month

## **Is there a drop in fee available?**

Yes, \$8 (with no additional pool fee)

## **Who are the coaches?**

Brad Langford – Former NCAC Masters Coach; Assistant Coach for Hillsborough Aquatic Club

## **Do I need to join US Masters Swimming?**

No

## **Where do I pay?**

We can set up your Masters Swim Team membership autopay for each month when you come in to register. You may also pay admission at the front desk each time before. To avoid having your monthly payment auto-process, simply pay the amount each month before it is due.

## **Is there a season long commitment?**

No. The program runs month-to-month. You can leave the program at any time; but please notify Coach Brad before your monthly payment processes. We will assume you are still swimming on the team unless you let us know to cancel your team membership.