

# **JOIN OUR SPORTSPLEX MASTERS SWIM TEAM!**

Want a great way to stay in shape without the stress of lifting weights?

Then this is the place for you!

The Sportsplex Masters Swim Team is for anyone 18 years and older.

**Our coaches and instructors teach:**

*Swim Lessons*

*Adult Fitness Swimming*

*Competitive 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: \$25 for Members**

**\$50 for Non-Members (includes admission to pool for practice)**

**Practices are 3 days per week: Monday / Wednesday / Friday**

**5:30am - 6:30am OR 12:00pm - 1:00pm**

**HAC Swim Team Head Coach: Matt Graham**

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

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



**U.S. MASTERS  
SWIMMING**

**2025-2026 SUMMER SEASON STARTS September 3<sup>rd</sup>!**

# **MASTERS SWIMMING FAQ**



## **When can I start?**

Anytime! The monthly membership fee will come out every month on the same day of the month as your first payment. You must pay for Sportsplex Masters Swim Team to participate in practices.

## **When are classes?**

Monday, Wednesday, and Friday: 5:30 – 6:30am OR 12:00pm – 1:00pm

## **What is the cost?**

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

Non-Members      \$50/month

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

Yes - \$8 per practice (with no additional pool admission fee)

## **Who are the coaches?**

Matt Graham, Jerry O'Donnell, and Lou Gadol

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

No

## **Where do I pay?**

We can set up your Masters Swim Team membership autopay at the front desk or log-in to your online Sportsplex account and look for Master Swim under "Memberships" -> "Add Memberships". You may also pay admission at the front desk each time before.

## **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 Matt or the front desk 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.