



Vintage Swimmers

(For swimmers over the age of 18)

**Do you enjoy lap swimming?
Would you like to improve your endurance?
Interested in learning drills and having posted workouts?
Do you like meeting people that share a similar swimming interest?
Then Vintage could be for you!!**

Mission:

“Driven to swim the distance with ease and efficiency at a competitive level”

Season Starts: October 1, 2018. Plans to run the program for a full year ☺ pending attendance.

Times: Tuesday 5:00-5:45 a.m. (workout posted)
Thursday 5:00-5:45 a.m. (workout posted)
Members of the Vintage Program also have access to workouts during any open/lap at MASA by checking in with the guard and picking a workout
The Vintage Program offers individual coaching by request

Requirements and fee: Must have a MASA Membership
AND
\$60.00 for full year
(fee to cover the cost of added pool hours, workouts and coaching request option)

Registration Form on back

Vintage Swimming Registration

Name: _____

Address: _____

Phone: _____

E-mail: _____



My Swimming Ability is: _____

From this program I hope to: _____

Would you be interested in a stroke clinic with a coach from the Wausau Area? _____
(would likely be scheduled on a Sat or Sun)

Requirements: Must be a MASA member

Fee: \$60.00 for the year

Payable to MASA for Vintage Swim