



## 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?  
Then Vintage is a program for you!!**

Mission:

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

2017-2018 Season Starts: October 2, 2017

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

Fee: Must have a MASA membership AND

\$30.00 a half season  
Oct. Nov. Dec. Jan.  
Feb. Mar. Apr. May

OR

\$50.00 for full season  
Oct. - May

To cover the cost of added pool hours, coaching request option, workouts and incentive prize.

*Registration Form included*



MASA

Vintage Swimming Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Swimming Ability (circle)

Little experience, need technical work

Currently swim on a regular basis

Competitive swim background

From this program I hope to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cost: Must be a MASA Member AND

\$30.00 a half season OR

Oct. Nov. Dec. Jan.

Feb. Mar. Apr. May

\$50.00 a year

Oct. - May

Payable to MASA for Vintage Swim (circle)

Cash

Check # \_\_\_\_\_