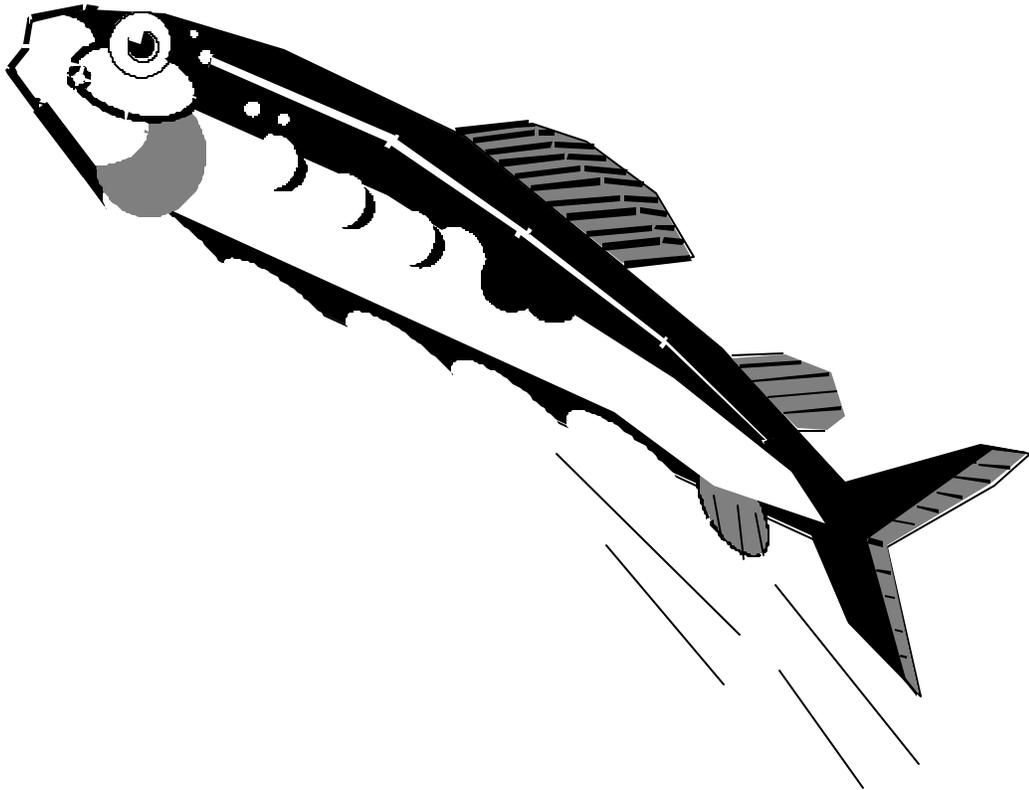


www.sawbellies.org

Canandaigua Masters Swim Team



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 Empire State Games, 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 19-24, 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, others swim to prepare for Triathlons. All participants benefit from good training, getting in shape and interacting with the other team members. Swimmers can swim all year or for any part of the year. Cost is \$15 per month plus a \$37 one-time annual fee. A free two-week trial period is available. Just show up one night, bring a friend, a bathing suit, goggles and towel. See you in the pool!

Monday, Tuesday, Thursday and Friday. 8:30 to 10:00 pm at the CA pool.

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