



2016 MASTERS SWIMMING

Swim your way to fitness

Swimming is one of the best methods to get in shape, develop a better feel for correct body alignment and improve your cardio vascular system. Let our masters coaches guide you through important basics and drills, while providing great workouts to help you make the most of your water time. From the new swimmer to the experienced swimmer, COM has something for you.

Three of the key ingredients to improve swimming are tempo, high elbow catch and strong underwater pull. Coaches Sara Welch, Michael McDonald and Jocelyn Piccone will watch and guide you to help refine these skills. Each workout includes a warm-up, sets to enhance aerobic training (kick, pull and drill sets), and warm down.

COM coaches have many years of experience in the aquatics field and offer the finest in Master's swimming.

Masters 1 (Sara's Early Birds)

Monday, Wednesday and Friday at 5:00 a.m.

Masters 2 (Michael McDonald)

Monday, Wednesday and Friday 11:30 a.m.

Masters 3 (Jocelyn Piccone)

Monday, Wednesday and Thursday 6:30 p.m.

Cost:

Individual \$73.00

Married Couple \$115.00

Registration Fee: \$35pp/\$50 per cpl

This fee entitles master's team members to lap swim during the scheduled lap swim hours.

3003 North "A" Street

Midland, Texas 79705

(432) 684-7755