Masters Swimming at the U of A

Ford Masters A year round swim fitness program run through the University of Arizona's Hillenbrand Aquatics Center available to the general public.

Training facility: 50 meter long course by 25 yard short course outdoor pool and 25 meter by 33 meter outdoor diving tank. We swim short course yards January through March, long course meters from April through August, and short course meters September through December. The water is heated in the winter and cooled in the summer.

Training emphasis: Aerobic conditioning and technique improvement. Swimmers with a broad range of abilities from fitness swimmers to beginning and professional triathletes to state and national caliber masters swimmers train with Ford Aquatic Masters. If you have any lap swimming experience this program has a spot for you.

Workouts: Three coached workouts are offered each weekday as follows:

Monday through Friday	6:00 AM to 7:00 AM
	12:00 noon to 1:00 PM
	6:30 PM to 7:30 PM

Additional pool time is sometimes available before workout as an uncoached warm-up. Saturday morning workouts are usually scheduled but depend on pool availability. Visit website for times.

Coaching staff: Ford Aquatics Masters is coached by Jim Stites and assistant coaches.

Cost: $45 per month (undergraduate U of A students $40 per month). Fees are due on the first day of each month, an additional $5 late fee will be assessed after the 10th of each month. All Ford Aquatic Masters swimmers are required to join United States Masters Swimming at an annual fee of $45 for insurance reasons. This can now be done online at www.USMS.org. Please print out or email a copy of your membership card for our files and include your email address.

Competition: Swimming in meets is not required but is encouraged since competition provides added motivation in practice, feedback on your progress and time to socialize with your teammates. Meets help make all those laps worthwhile!!!

If you are interested and want more information please feel free to contact Jim Stites at 621-4203, email at swim1@qwest.net or visit our website: www.FordAquatics.com.