



Swim Strong Masters Swimming

Winter Session: Jan 3rd to March 23rd

Locations: Midpark High School 7000 Paula Drive

Tuesday & Thursday 6:00-7:30 **PM** and Friday 7:30-9:00 **PM**

Berea High School 165 E. Bagley Road

Tuesday & Thursday 6:00-7:15 **AM**

Cost: \$40 dues per month or a \$5 drop in fee per session (cash or check payable to SwimStrong)

US Masters Swimming 2012 registration: Every swimmer must be USMS registered to participate. Go to lelmsc.org and click on *on line registration* (Swim Strong's official abbreviation is SWST) \$40 annual fee (pay USMS directly)

Our Program: We welcome different levels of adult swimmers. Experienced coaches will direct workouts. Workouts will be designed for swimmers training to compete in meets and/or triathlons and also for adults who are focused on fitness and/or social networking.

For more information contact:

Coach Mike Gallagher – mgallagher@swimstrongsville.org

OR

Coach Tom Stacy – tstacy@swimstrongsville.org

Follow SwimStrong Masters on Twitter: <http://twitter.com/#!/SwimmingMasters>