



## All You Need to Know About Masters Swimming

If you've always want to join Masters swimming and you haven't, then why not? Let's look into our crystal ball and answer the question for you.

1. I'll bet you think everyone has to be a fast swimmer...**FALSE**  
The majority of the swimmers on our team, do not have a competitive swimming background. Most of them started out somewhat fearful, but took a chance anyway.
2. You have to compete in swim meets...**FALSE**  
The great majority of Masters swimmers do not compete. If you want to compete, we certainly will support you.
3. I will be intimidated by faster swimmers...**FALSE**  
In a typical workout we have 8 lanes and a dozen different speeds. You get to swim with people that are your speed.
4. If I'm not able to complete a whole workout, it will be frowned upon...**FALSE**  
You do the best you can. If you're not able to complete a workout at first, then you do as much as you can. You do not have to finish the workout if you can't. But we will do our best to work with you so that you can eventually finish it.

Probably the most important reason we are here, is to provide you with another way to **STAY HEALTHY!** If you love swimming, but you have a difficult time motivating yourself to swim on your own, then Masters would be perfect for you.

Besides participating in the greatest exercise there is, you will be among a great supportive and friendly group of people. So what do you have to lose?

### How to get started

If you're not sure of your swimming capabilities and whether you are physically ready to swim Masters, then the best thing to do is to contact our Aquatics Director and set up an assessment. You will be connected with one of the coaches and they will assess your ability. They will give you the best advice as to how to proceed.

If you are more experienced, but not quite sure if this the right fit, then you can try a complimentary workout. Just e-mail the Masters Head Coach when you are coming, so that he can alert the coach on deck that you are trying it out. If it's a good fit, then let the coach know that you want to join, and they will tell you how to proceed from there.

We want to make swimming part of your life. So we hope we have answered all of your questions and dispelled some of the myths that have stopped you from trying our Masters team. If not, please contact us and we will help you with any further questions you may have.

Stay healthy and hope to see you in the pool!

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