



BURKWOOD SWIM & RACQUET CLUB MASTERS/ADULT SWIMMING



Overview: Whether you are looking for stroke improvement, general fitness, triathlon training, or masters swimming competition we have a lane for you. *Separate lanes for different ability levels.*

Open to BSRC members AND a limited amount of nonmembers.

Training Days and Times:

Training is offered year round at the indoor pool at the following times:

Mon, Tues, Wed	Indoor Pool	5:30-6:30am
Friday (Starting June 16th)	Diving Well	5:30-6:30 am
Thursday (30 min spin, 30 min swim)	Indoor Pool	5:30-6:30 am
Wednesday /Thursday	Indoor Pool	7:00-8:00 pm

Equipment: May want to purchase a pair of fins but the club has a limited amount to borrow.

Cost: Free to BSRC members.
Nonmembers: \$80.00 for 10 practice punch card or \$160.00 for 25 class punch card. May sign up anytime. Fill out the attached application form and bring with you, along with payment, to your first swim practice.

Competition: Participation at US Masters Swimming competitions is offered.

How Do I Sign Up: Fill out the registration form (page two) and either turn into the front desk or bring with you to your first practice along with payment.

Questions??: Contact Burkwood Aquatics at 730-2472 or bsrcaquatics@gmail.com.



TIME TO GET WET!



BURKWOOD SWIM AND RACQUET CLUB MASTERS SWIMMING SIGN UP FORM



DATE: _____

NAME: _____

BSRC Member Number (if applicable): _____

EMAIL: _____

Primary Phone: _____

Reason, or reasons for participating in this program?

Any medical conditions that the Master's coaching staff should be aware of?

TURN IN THIS FORM, ALONG WITH PAYMENT (see page two) TO "BSRC", TO EITHER THE AQUATICS DIRECTOR OR THE FRONT DESK. You will receive an email confirmation. Your punch card will be available at your first practice however most participants keep their card in the box with the instructor so they do not have to bring it every time.



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