

ABOUT NEW ENGLAND MASTERS SWIMMING

Founded in 1970, Masters Swimming is part of United States Aquatic Sports (USAS), the governing body for amateur swimming in the United States. Swimmers age 19 & older are welcome to join & participate at whatever level they choose in this "lifetime sport". Masters range in ability from those just learning to swim, to former collegiate & Olympic swimmers. There is a full schedule of local, national & international swimming events for those Masters interested in competing. Some Masters choose not to compete, but join to enjoy the healthful benefits of swimming & to meet other active adults.

Stowe Masters is a USMS workout group within New England Masters Swim Club.

COACHES

- Charlotte J. Brynn - Level 4 USMS Coach, Level 2 USA Swimming Coach, WSI Swim Instructor, Personal Trainer & Group Fitness Instructor
- Karyn Scherer - Level 2 USMS Coach



The Swimming Hole • (802) 253-9229
75 Weeks Hill Road • Stowe, VT 05672
www.theswimmingholestowe.com

STOWE MASTERS

AT THE SWIMMING HOLE

A NEW ENGLAND MASTERS WORKOUT GROUP

WHAT TO EXPECT

MONDAY, WEDNESDAY & FRIDAY 6-7am
TUESDAY & THURSDAY 8:30-9:30am

Practices are coached from the water & include a variety of sets including drill sets to improve strokes, distance sets & sprint sets. Swimmers are encouraged to swim within their own comfort range. Distance 2000-3000 meters, includes all strokes. Triathletes are welcome to swim Freestyle sets.

Practice Lanes are arranged by speed. Ranging from very committed to very competitive.

WHAT TO BRING

- Swim Cap
- Goggles
- Fins

We provide kickboards & pullbuoys.

WHERE TO MEET

- Pool Deck
- Lanes 4, 5, 6 & 7
- Shallow end

BENEFITS

- Improve overall fitness
- Improve technique
- Become stronger

Studies show you workout more effectively within a swim group!

You'll be faster, stronger & have better attendance!

PRACTICE TIMES

MONDAY, WEDNESDAY & FRIDAY **6:00 - 7:00 am**

TUESDAY & THURSDAY **8:30 - 9:30 am**

Stowe Masters is a Fitness Swimming Program, with the option of participating in some or all of our fun challenging annual events.

Participation in United States Swimming Events requires a USMS Membership. Joining information at swimnem.com.

CLUB - New England Masters
WORKOUT GROUP - Stowe Masters

You do not need to be a member of USMS to participate in practices.

RATES

Annual	\$250
6 Months	\$195
3 Months	\$110
Monthly	\$45
Per Session	\$6
10 Swim Card*	\$60

**Transferable*

- Masters Membership has to be the same duration as Facility Membership.
- Memberships are nontransferable & nonrefundable.
- Nonmembers are welcome with purchase of facility day pass.

ONE APPLICATION PER SWIMMER - PLEASE PRINT

NAME _____ **MIDDLE INITIAL** _____

DOB _____ **AGE** _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE # _____

EMAIL _____

LENGTH OF MEMBERSHIP _____ **EXPIRATION DATE** _____

MASTERS FEE _____

TOTAL DUE _____

PAID **Y** **N** **RECEIVED BY** _____

RELEASE OF LIABILITY & ASSUMPTION OF RISK

I wish to use the facilities and equipment and engage in activities at The Swimming Hole. I also wish to allow guests and my child or children and other minors to use the facilities and equipment and engage in activities. Use of the word "I" in this document means and includes me individually and as parent, guardian, or supervisor on behalf of such child or children, minor, or guest.

I am aware that using the facilities and equipment and engaging in activities at The Swimming Hole involve risks of injury, disability, and death by drowning and other causes. I hereby assume all risks and accept full responsibility for any such injury, disability, or death.

I attest that I am physically fit without any medical or health problems. I have arranged for medical insurance coverage and such life insurance as I deem necessary or advisable.

I hereby release and absolve The Swimming Hole and all employees, agents, officers, directors, and other persons involved in any way with The Swimming Hole from any and all liability for injury, disability, death, or other loss incurred by me or any such children, minors, or guests using the facilities and equipment and engaging in activities at The Swimming Hole, except that this release shall not apply to wilful malfeasance or intentional wrongdoing by The Swimming Hole. I covenant not to commence any lawsuit or take any other proceeding or action against The Swimming Hole or any employees, agents, officers, directors, and other persons for any such liability, each and all of whom I agree to indemnify and hold harmless from all costs and expenses, including reasonable attorney's fees, they may incur in the event any such lawsuit, proceeding, or action is taken.

I understand that by signing the release of liability, I am waiving substantial rights, and I do so voluntarily with full knowledge of the significance of this document.

DATE _____

SIGNATURE(ADULT) _____

PRINT _____