

**New Times!**

# COACHED SWIM: Masters Swim

**Coach:** Adrian Ortega, 2008 UIL State Champion

**Goal:** To improve swimmer's ability by working on endurance, fitness and stroke technique, while helping swimmers maintain a lifelong interest in the sport

**What is Masters Swimming?** The City of Austin Masters Swim team is an adult fitness program for lap swimmers, fitness swimmers, triathletes, and adults who are dedicated to improving their fitness through swimming. Masters is open to anyone over the age of 18 and to (almost) all levels of ability; however, our group is not intended for those who need beginning swimming lessons. As a swim team, we have regularly scheduled workouts with a qualified swim coach who develops different workouts for different groups of swimmers. The Coach will work with each swimmer to improve her or his swimming technique, both to improve performance and to avoid injury while training. The City of Austin Masters Swim Team trains at Beverly S. Sheffield Northwest District Park. Ability levels vary from swimmers who have college swimming experience to athletes who are looking to refine competitive strokes, flip turns, and the technical aspects of the sport. Many members are triathletes who want to improve their water skills. Swimmers are grouped by ability and experience for workouts. Our workouts strive for a friendly, helpful, and encouraging environment where swimmers can ask questions and the Coach can provide feedback.

We offer 3 workouts per week (M/W/F) for \$57.25 a session. Each session consists of 6, 1 hour workouts over 2 weeks.

**Times:** 7:30am-8:30am or 8:30am-9:30am  
(Mondays Wednesdays, and Fridays)

**Location:** North West Pool

**Workouts focus on:**

- Fitness and endurance
- Proper form and technique
- Maintaining race-paced swimming, kicking, drill work, pulling and fin work

