



U.S. MASTERS SWIMMING

U.S. Masters Swimming is a team environment for the intermediate to advanced adult swimmer who wishes to continue their competitive abilities. Great for those looking for a low-impact, coached group workout. Our certified coach, Jack Siebold, emphasizes stroke mechanics, endurance, and, for the competitive participant, speed training.

Pricing

HAC Members: \$70/month in addition to a yearly USMS fee

HAC Non-members: \$85/month in addition to a yearly USMS fee



Coach Jack Siebold
Certified US Masters Coach
USMS Adult Learn To Swim
Certified Instructor

Fall Session

Starting September 7th, 2025

- Tuesdays, 6:30 - 7:30pm | *Indoor Pool*
- Thursdays, 6:30 - 7:30pm | *Indoor Pool*
- Sundays, 10:00 - 11:00am | *Indoor Pool*

Schedule changes to the following dates
and times starting October 26th

- Tuesday 6:00 - 7:00pm | *Outdoor Pool*
- Thursday 6:00 - 7:00pm | *Outdoor Pool*
- Sunday 10:00 - 11:00am | *Outdoor Pool*

www.usms.org



Aquatics

Sydney Wolfe

(302) 239-6688 x 149 | swolfe@hachealthclub.com