



# 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

## 2026 Summer Session

Starting June 8th

- TUESDAYS, 6:00 - 7:00pm | *Indoor Pool*
- THURSDAYS, 6:00 - 7:00pm | *Indoor Pool*
- SUNDAYS, 10:00 - 11:00am | *Indoor Pool*

[www.usms.org](http://www.usms.org)

