



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.

Practices take place weekly on Tuesdays, Thursdays, and Sundays.



with Coach Jack Siebold

Certified US Masters Coach
USMS Adult Learn To Swim
Certified Instructor

Pricing

HAC Members

\$70/month
plus a yearly
USMS fee

Non-Members

\$85/month
plus a yearly
USMS fee

www.usms.org



Aquatics

Jaclyn Chesson
(302) 239-6688 x 201
jchesson@hachealthclub.com

