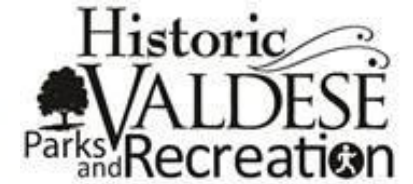




# VALDESE TORPEDO MASTERS SWIMMING



**PRACTICES BEGIN MONDAY, JANUARY 28<sup>TH</sup>!**

## What:

USMS workout group opportunity for all swimmers 18 and over who are interested in competition or who use the pool as a great way to stay in shape or get fit.

## Group Practices:

Monday 7pm-8pm, Wednesday 6am-7am,  
Saturday 8:30am-10am

## Annual Costs:

\$45 per person to USMS/ \$10 to NCMS  
\$30/Cap, Shirt, and Team Dues Fee  
to Valdeese Torpedo Swim Team

## Monthly Costs (must be Aquatics Member):

\$30/month or \$150/6 months

*Join for fun, fitness, and a  
great team atmosphere!*

*Enjoy access to workouts,  
magazine, and discounts  
exclusively for U.S. Masters  
members!*

Register at [usms.org](http://usms.org) and designate your club as "NCMS." Then come register with us at the Fitness Counter!