



VALDESE TORPEDO MASTERS SWIMMING

A swimming opportunity for anyone age 18 and over interested in fitness, competition, or who just loves the water!

Join for fun, fitness, and a supportive and encouraging atmosphere!

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

Group Practices

Monday: 6pm-7pm

Wednesday: 7am-8am

Saturday: 8:30am-10am

Can't make a practice? Don't worry, workouts are always available at the fitness counter!

Cost*

Annual:

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

Monthly:

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

*Please note: must also be an aquatics member

How to Join:

Register at usms.org and designate your club as "NCMS." Then come register with us at the Fitness Counter!



**U.S. MASTERS
SWIMMING**



**U.S. MASTERS
SWIMMING**

CERTIFIED COACH