



Fullerton Aquatics Sports Team Inc.

MASTERS SWIMMING

P.O. Box 5468 • Fullerton, CA. 92838 • (714) 871-9616 • www.fastswim.org



Year Round Swimming • For All Ability Levels

- *Fitness Swimmers • Novice • Competitive • Tri-athletes •*
- *Convenient Swim Times – Early Mornings and Evenings •*

Masters and Adult Fitness Swimming provides an environment that strikes a healthy balance between fitness, fun, and competition. All levels of adult swimmers are welcome: from fitness swimmers to competitive pool and open water swimmers, first time tri-athletes to experienced iron-persons. The role of the coaching staff is to design a *structured program* that will allow all members to reach their individual goals. We believe that improving stroke technique and providing purposeful training sets are key elements to fitness and individual success. We also believe that having fun is just as important!

- *The Best Fitness Exercise • Endurance • Cardio • Toning • Weight Management •*

Swim Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00 to 7:00		6:00 to 7:00		6:00 to 7:00	7:00 to 8:00
Evenings		6:40 to 7:40		6:40 to 7:40		

Tuition and Fees

Regular Member: \$140.00 per Quarter for any single swim time. Choose *either* Mornings or Evenings.

Gold Member: \$165.00 per Quarter for the added flexibility of swimming during any swim time, mornings and evenings.

SPMA Annual Registration: A one time annual fee of \$42.00 per swimmer.

Temporary City of Fullerton Surcharge: In response to current economic conditions, the city of Fullerton Parks and Recreations department is imposing a \$5.00 temporary surcharge per registration.

You can Join Up Anytime Year Round!

Open to adults 18 years and older who are able to swim at least 100 yards/meters of continuous freestyle with side-breathing. You are welcome to visit us during any swim session. For information and enrollment details, please visit our website at www.fastswimming.net, or you may call us at 714-773-5788.

