



Masters Swim Program

BEST VALUE IN NORTHERN VIRGINIA!

- Designed for anyone interested - beginners with low impact fitness plan to seasoned collegiate level athletes
- Plenty of room to apply the latest concepts and techniques
 - Tri-athlete's dream come true
- Current swimmers range from beginners, former summer leaguers, former AAU/USA Swimmers, former collegiate swimmers and tri-athletes
- All are welcome! Open to non-military and military
- Give Head Coach Mark Murray a call at (703) 627-4796 or email him at mmurray@fbswim.org

Practice Times 9/17/07-6/17/08 @ GW Rec Center

8426 Old Mt. Vernon Road, Alexandria, VA 22309

703-780-8894

[Map/Directions](#)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:30-6:30am 7:15-8:15pm	5:30-6:30am 6:30-7:30pm	5:30-6:30am 7:15-8:15pm	5:30-6:30am 7:00-8:00pm	5:30-6:30am	7:00-9:00am

*6/18/08- 8/8/08 practices move to a 50-meter outdoor pool, location TBD

**The Best Rates in No. VA!
Check out the Current fees!**

- Masters 1 - \$25/month for once a week
- Masters 2 - \$50/month for more than once a week
- \$32/year 2007 United States Masters Swimming (USMS) fee (covers insurance, periodicals and allows meet entries)
- We collect dues monthly so you are never over committed financially.

PO Box 6445, Alexandria, VA 22306

