



FBST Masters Program 2009 - 2010 Practice Schedule



Programs available for beginners, former collegiate, and triathlete swimmers

9/14/09 - 5/28/10

Days	Morning		Evening	Location
Sunday				GW
Monday	5:30am - 6:30am		7:00pm – 8:00pm	GW
Tuesday	5:30am - 6:30am	9:30am - 10:30am	6:30pm - 7:30pm	GW
Wednesday	5:30am - 6:30am		7:00pm – 8:00pm	GW
Thursday	5:30am - 6:30am	9:30am - 10:30am	7:00pm – 8:00pm	GW
Friday	5:30am - 6:30am			GW
Saturday	6:00am - 8:00am			GW

All practices are held at George Washington Rec. Center
8426 Old Mt. Vernon Road, Alexandria, Va 22309
703-780-8894

Masters 1 - \$27.00 per month for once a week

Masters 2 - \$54.00 per month for more than once a week

\$37 / year 2010 United States Masters Swimming (USMS) fee, covers insurance periodicals and allows meet entries.

Dues are collected monthly so you are never over committed financially.

Follow the link below to register with United States Masters Swimming (USMS).

www.clubassistant.com/club/usms.cfm?club=FBST

Contact Head Coach Mark Murray for more information
703-627-4796
mmurray@fbswim.org