



FBST Masters Program 2011 - 2012 Practice Schedule



Swimming for adults age 18 and over, programs available for beginners, former collegiate, and triathlete swimmers

George Washington Rec Ctr
September 12, 2011 – May 22, 2012

Days	Morning		Evening	Location
Sunday		No Practice		
Monday	5:00am - 6:30am		7:00pm – 8:00pm	GW
Tuesday	5:15am - 6:30am	9:30am - 10:30am	6:30pm - 7:30pm	GW
Wednesday	5:00am - 6:30am		7:00pm – 8:00pm	GW
Thursday	5:15am - 6:30am	9:30am - 10:30am	7:00pm – 8:00pm	GW
Friday	5:00am - 6:30am			GW
Saturday	6:00am - 8:00am			GW

George Washington Rec Ctr
8426 Old Mt. Vernon Road
Alexandria, VA 22309
703-780-8894

Masters 1 - \$32.00 per month for once a week

Masters 2 - \$64.00 per month for more than once a week

\$37 / year 2011 United States Masters Swimming (USMS) fee, covers insurance periodicals and allows meet entries.

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

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