

## Masters Swim Program

The U of R Masters swim program is organized for adults, ages 18 and older, who are interested in swimming. The program will swim September through May following the academic year. There are multiple levels of the program for people interested in swimming just for fitness or for competition. Members can choose their level of involvement. This program is great for former high school and college swimmers looking to stay active in the sport and maintain their fitness or skill. This is a learn to swim program and members should know how to swim.

Members will have a coach available for developing work outs, improving stroke mechanics, and maximizing efficiency in the water. In order to be a part of the Masters swim program you must either be an R club member or a student at U of R. Membership in the R Club will also give you access to the sports complex throughout the year.

Practices are held in the University of Rochester's Spaulding Aquatic Center on Monday, Wednesday and Friday 4 p.m.-5 p.m. beginning on 9/9/19

### Example of a Practice

Level	Level 1	Level 2	Level 3
Warm up	200 Swim 200 Kick 200 pull 3x100 IM	300 swim/kick/pull 6x 50 kick 2x100 free build 4x 50 pull	400 swim/kick 200 IM drill 4x50 build
Main set	5x100 free breathe every 3 4x100 kick 3x100 free swim 4x75 IM switch 4x50 kick on back	8x50 IM order drill 4x100 IM 4x50 free 200 fly kick 3x50 breast 150 flutter kick on back 3x50 back 100 breast kick 6x25 fly 100 flutter kick	4x IMO per round 100 Drill 2x75 kick 3x 50 build 4x25 race Second Half faster than First 400 300 200 100
Cool down	200 swim	300 swim/kick/pull	200 swim
Total yardage	2,800	3,300	4,000

For more information, contact assistant swim coach Brad Shannon at