

PCA Masters



Adult Fitness Swimming

Are you tired of following that same black line on the bottom of the pool—swimming endless laps between the cement walls? Lap swim boredom is probably one of the greatest barriers that the fitness swimmer must overcome. The alternative you ask? Add some variety to your swim program by coming out for a session of Masters Swimming.

Our program is designed to accommodate adult swimmers of all ages and abilities. For the fitness swimmer, we design a challenging workout that will enable you to discover a whole new world of swimming. Introduction to the pace clock, how to do interval training, how to do different strokes and how to use training equipment is all a part of our Masters program.

If competition is your thing, such as swim meets, open water swims or triathlons, our Masters program is designed with you in mind as well. Each workout is designed to provide a challenging environment in which you may thrive and progress. A number of our swimmers are accomplished veterans in a variety of competitive venues.

*Sound interesting? Come out and join us for FUN, FITNESS and FRIENDSHIP!
That's what Masters swimming is all about!*

Morning Daily	Monday thru Friday	6:00 – 7:00 am
	Tuesday and Thursday	9:30 – 10:30 am
	Saturdays	6:00 – 7:15 am
	7:15 – 8:30 am
	8:30 – 9:45 am
Noon Daily	Monday thru Friday	12:00 – 1:00 pm
Evening	Monday and Wednesday	6:45 – 8:00 pm

PCC Members \$18 per month

Non-Members \$60 per month

Peninsula Covenant Aquatic Masters (pcamasters.com) is a member of Pacific Masters Swimming (www.pacificmasters.org) our local affiliate of United States Masters Swimming (www.usms.com). An annual membership fee is required of all masters swimmers.

Stay Fit! Have Fun! Get Wet!

Call (650) 364-6272 • www.pcamasters.com