

Adult Aquatic Fitness

Fighting Manatee Swim Club

Founders Park

"U.S. Masters Swimming welcomes swimmers of all abilities who want to improve their overall fitness, develop better technique, or train for any type of swimming competition. If you want to get fit, become a better swimmer, stay motivated and meet new friends, U.S. Masters Swimming is the place to be." --usms.org



Practice Times: Mon, Wed, Fri: 6:30 – 8:00am and 8:00 – 9:30am

Tue, Thurs: 5:30 – 7:00pm (Call Coach for this Practice)

All levels and all ages 19 and over welcome!!

Monthly Fees: Members--\$60, Residents--\$70, Non-Residents--\$80, Drop-in--\$8

Bring to practice: appropriate swimsuit, cap, goggles, water bottle...and if you'd like: fins, pull buoy, paddles, and a kick board

All swimmers must register with United States Masters Swimming (USMS) by filling out the application and paying the annual fee of \$42. Checks can be made out to FGC Masters Swimming. This fee will need to be renewed every December/January.

For More Information: 305.853.1685 www.islamorada.fl.us