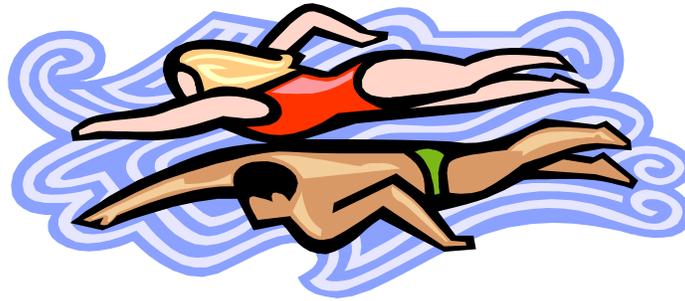


TRIATHLETE TRAINING & U.S. MASTERS SWIM TEAM



Plantation Aquatic Complex
 9151 NW 2nd Street
 Plantation, FL 33324
 (954) 452-2526
 www.swimpst.com

Connect with swimmers of a variety of ages and abilities.

Benefits of Masters Swimming include technique tips, camaraderie and swimming regularly with a group. Coaches provide instruction and interval training. Many triathletes join USMS because training with swimmers is the best way to improve the swim portion of a triathlon. USMS membership also grants access to the triathlete-specific workouts posted regularly in the members-only Forums at usms.org. In addition, *SWIMMER* magazine and *STREAMLINES* e-newsletters offer technique and training tips in each issue.

PRACTICE SCHEDULE

	Apr 1 – Sept 30	Oct 1 – Mar 31
Monday-Thursday	7-8 pm	7-8 pm
Friday*	7-8 pm	--
Saturday*	10-11 am & 2-4 pm	10 -11 am & 2-4 pm
Sunday*	10 am – noon & 2-4 pm	10 am - 2 pm

* Open Practice

POOL FEES

	Resident	Non-Resident
1 practice per week	\$30.00 per month	\$40.00 per month
2 practices per week	\$45.00 per month	\$55.00 per month
3 practices per week	\$65.00 per month	\$75.00 per month

OTHER FEES (required)

Annual U.S. Masters Registration:	\$ 40.00 per year	\$ 40.00 per year
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To swim at times other than those designated, regular gate fees apply for USMS. Facility hours, practice schedule and prices are subject to change. Please call to confirm 954-452-2525.

The City of Plantation will provide reasonable accommodations for disabled individuals requesting special assistance in order to attend or participate in meetings, classes or events, provided that a request for such assistance is made to the Parks & Recreation Department 954-452-2507 at least five (5) calendar days prior to the meeting, class or event. All City of Plantation brochures, programs and pamphlets are available in alternative format upon request. Please call 954-797-2648.