

# Masters' and Triathlete Swimming @ Smith College

Are you interested in a lifelong fitness activity, in Master swimming competition or in participating in a Triathlon? If so we have a great opportunity for you. Our program emphasizes stroke improvement and refinements using drills and positive feedback, training for improved cardiovascular fitness plus a core fitness component.

## Sessions:

**I September 14 – December 18\*\***

**II January 11 – April 30 \*\***

**Summer: May 3 – August 6 (Tuesday/Thursday)**

**(\*\* Due College events and major holidays, there will be a few days on which the program cannot be held. (March 15-18 – no training sessions))**

**Days: Mondays, Wednesdays, & Fridays (Tuesday & Thursday for Summer)**

**Time: 6:15 - 7:30 am**

**Location: Dalton Pool, Smith College**

**Fee Session I: \$140 (Smith ID Holder) / \$165 non-ID Holder**

**Fee Summer: \$100 (Smith ID Holder) / \$125 non-ID Holder**

**COACH: Marly Pineda - Masters Degree student in Coaching at Smith College, Asst Smith College Coach, Smith College graduate, NEMAC Champion, 7 Sister Champion, 6 years coaching experience, 15 years swimming experience**

-----  
NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ SMITH COLLEGE ID NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**Payments: Checks are to be made payable to Smith College.**

**Mail to: Smith College Masters and Triathlete Swimming**

**Attn: Kim Bierwert**

**Ainsworth Gym, Smith College**

**Northampton, MA 01063**