



BLUE TIDES MASTERS SWIMMING

The Blue Tides Masters program is a work-out group geared for all swimmers 18 years of age and above. The program provides an environment for fitness and competitive swimmers, along with triathletes, to achieve personal fitness and athletic goals in combination with personal growth.

Each workout session is designed to accommodate all swimming abilities from novice to former high school and college competitors and is led by a USMS Certified Coach. Work out sessions include a warm-up, main sets on all competitive strokes, kicking and stroke drills, and triathlete-driven workouts as well as sprint and endurance training. Every workout finishes with a cool down.

All swimmers are required to join the U.S. Masters in addition to the Blue Tides Master's program at the Aquatics Center. Swimmers will be offered opportunities to compete locally in GA, regionally in the Dixie Land as well as in national competitions. Work out practices are led by a Certified USMS Masters Coach. We swim year-round and offer five practices a week.

For more information –
arpbluetides@gmail.com

PRACTICE TIMES

M/W: 6-7:30 am
8-9:30 am

T/TH/F: 6-7:30 am

T/TH: 5:30-6:45 pm

COST

AAC Pass:

3-month (\$85),
6-month (\$107.50),
OR
12-month (\$215)

AND

USMS membership
(\$75 annually)



U.S. MASTERS SWIMMING

CERTIFIED COACH



GOLD CLUB



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