

MASTERS SWIM PROGRAM

Masters swimming is for anyone 18 years and older. Our coaches and instructors teach:

- *Swim lessons*
- *Adult fitness swimming*
- *Competitive swimming*
- *Open water swimming*
- *Triathlon swimming*

Our goal is to help you achieve your swimming and fitness goals. Join us for expert coaching, technique instruction, camaraderie, and much more!

FOR MORE INFORMATION OR TO JOIN:

CMAC
Costa Mesa Aquatics Club
Diego Pombo, Masters Coach
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(714) 655-7815



Our Masters program is registered and/or affiliated with U.S. Masters Swimming, the national governing body for adult swimming. As a USMS member, you are covered by USMS insurance in practices and you may compete in USMS pool, open water and fitness events. All USMS members receive *SWIMMER* magazine and are eligible for special offers from sponsors, plus full access to all online training and social resources and much more! Visit usms.org or our club website for more information.