

East Bay Bat Ray's

Master's Swim Team

The East Bay Bat Rays Masters (EBAT) provides organized workouts, competitions, clinics and workshops for adults 18 and over. The program is perfect for all adults - fitness swimmers, triathletes, college students, competitors, and beginners - who are interested in improving their fitness and their lives through swimming.

Each workout is led by a highly experienced coach (see coach bios on main EBAT website) who will provide technical feedback, organize the training session, and help members achieve their swimming goals. In addition, perhaps most importantly, Masters Swimming is a great milieu for a healthy lifestyle through friendship and camaraderie.

IMPORTANT: To swim with EBAT Masters, you will need to secure a USMS card. This is important for insurance purposes (please see below for instructions on how to do this).

Practice Times/Days (Fall 2023)

Note: All Practices Subject to Change. Evening Times will shift throughout the course of the season, due to Club Water Polo and Clinics hosted by EBAT. Emails will be sent out with changes.

Monday

6:00 -7:00 AM, 12:00-1:00 PM, 7:00-8:00 PM

Tuesday

6:00-7:00 AM, 12:00-1:00 PM, 7:00-8:00 PM

Wednesday

6:00 - 7:00 AM , 12:00-1:00 PM, 7:00-8:00 PM

Thursday

6:00-7:00 AM, 12:00-1:00 PM, 7:00-8:00 PM

Friday

6:00-7:00 AM, 12:00-1:00 PM

Saturday

7-8 AM

Pool Facility and Parking Information

Pioneer Pool
Cal State East Bay
Address: 25800 Carlos Bee Blvd, Hayward CA 94542

Registration and Membership

Step 1: Become a member of United States Masters Swimming (our governing body and insurance provider); this is a once-annual registration. Everyone who is beyond a one-week trial period is required to register with USMS, (which also makes you a member of Pacific Masters, the local chapter of USMS).

Cost: \$70 (until end of 2023) or \$115 (until end of 2024)

Link: <http://www.usms.org/reg/register.php>

Step 2: Register with EBAT by setting up an account here

Link: <https://www.teamunify.com/MemRegStart.jsp?team=ebat>

Step 3: Review the payment options below and choose which works best for you:

PAYMENT OPTIONS:

Option 1: Basic Monthly Dues: \$75

You may pay on the 1st by cash or check, but it is recommended that you sign up for auto-pay (\$75 will be automatically and securely deducted on the 1st of every month).

Option 2: Student Monthly Dues: \$50

This is for current and active college students only. You *may* use auto-pay with this option as well, and \$50 will be deducted at the beginning of each month (see notes in Option #1).

Option 3: Lap Swim for USMS Members Monthly Dues: \$50 (community)

*Note: You **MUST** be a member of USMS Swimming to lap swim during the scheduled times.*

Option 4: Drop-In: \$10 cash or check

You must present a valid USMS registration card to the coach on deck.

Option 5: College Summer Training: \$100

You must be USA Swimming Registered or USMS Registered

Drop In USA Club Swimmers: FREE

Links:

USMS Insurance Information: http://www.usms.org/admin/lmschb/gto_ins_general.pdf

Pacific Masters FAQ's: <http://www.pacificmasters.org/general/aboutmstrs.html>

East Bay Swimming: <http://www.eastbaypioneers.com/index.aspx?tab=swimming&path=wswim>

Contact Information:

Head Coach Shane Pelton

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484-716-5570 (Cell)