



## Masters Info Sheet 2026

Dart Solano proudly offers Adult Fitness/Masters Swimming, a dedicated 18+ program for adults looking to stay active, improve skills, and enjoy swimming together.

Structured workouts are available upon request to provide guidance, training variety, and continued skill development for those who prefer a more organized approach. As participation grows, coached workouts may be offered periodically, including approximately one coached session per month when feasible. These sessions are designed to provide technical instruction, stroke refinement, and added motivation while maintaining the program's flexible and self-directed training environment.

### Practice Schedule

Monday/Wednesday	4:30pm-5:30pm
Tuesday/Thursday/Friday	4:30pm-6:30pm
Thursday (AM)	5:00am-6:45am

### Clinics

Saturday clinics will be offered periodically to provide focused instruction on specific skills and techniques. Participation is optional and will require an additional fee. Clinic dates and times will be determined based on coach availability.

### Registration

All participating swimmers **MUST** be registered with US Masters Swimming. Please make sure to attach to DART after you register. To register, you can go to the link below:

[Join or Renew | U.S. Masters Swimming \(usms.org\)](https://usms.org)

**Club Name:** DART-Solano Masters

**Club Abbreviation:** DARTS

### Monthly Dues

We have set dues at \$45 a month (average lap swim is between 8-12 dollars per swim.) Dues are paid on the first of each month. Please contact coaches for drop in swim availability.

**DART Masters Coaches**

Coach Haley Barker serves as the Masters Program Lead, while Coach Ricky serves as the DART Solano Site Lead.

For any questions regarding registration, billing, or program concerns, please contact [dartsolanoswim@gmail.com](mailto:dartsolanoswim@gmail.com)

**Communication:** We use an app called BAND as a communication tool. Practice schedule is posted and there will be updates sent out as needed.

[Masters Band Invite](#)