

HERE ARE SOME FAQ'S ABOUT MASTERS SWIMMING:

What is Masters swimming?

U.S. Masters Swimming is a national membership-operated nonprofit that provides membership benefits to nearly 65,000 Masters swimmers across the country. These benefits include [insurance](#), [SWIMMER](#) magazine, [sanctioned events](#), and more. USMS and [its 52 Local Masters Swimming Committees \(LMSCs\)](#) provide direct support to more than 1,500 Masters Swimming clubs and workout groups. Structure and organization of USMS programs vary and are driven by factors such as pool availability, instructor or coach availability, community support, and finances. The majority of [locations offering Masters Swimming programs](#) have coaches on deck. Coaches write workouts and provide feedback and instruction.

Do you have to be a "master" at swimming?

The word Masters was first applied to adults who participated in track and field and was later adopted in organized adult swimming. In swimming, Masters simply means 18 and older. So you do not need to be a strong swimmer or have any swimming ability.

Do I need to be fast?

This is something a lot of Masters coaches hear. However, most Masters coaches and swimmers don't care how fast you are. In nearly every program, there are others of similar ability or those who started where you are and have improved. Don't let your perceived ability, or lack thereof, hold you back. Although it's important to have a physical examination before starting any exercise routine, you don't need to be in shape to start Masters swimming—Masters swimming will help you get there.

What can I expect at a practice?

Check out our "Masters Swimming 101" article series for tips on what to bring to practice; learn how to circle swim, read the clock, and more; and get definitions for common swimming jargon. Try to swim in a lane that fits your ability and don't get discouraged! Swimming is different than running, cycling, and other endurance activities. Regardless of your fitness level, it can take months to get into good swimming shape. And don't be shy—ask for help; most Masters swimmers and coaches are happy to welcome new members. Camaraderie and new friends are two of the best benefits of swimming regularly with a group.

Why join your program?

Our Masters program is a blend of fitness and competitive swimming for adults (18 years of age and over). The regular structured workouts use techniques of interval training in an atmosphere of fun, fitness, friendship and participation! Individuals who find it difficult to stick with a self-imposed, keep-fit routine will find it easier to maintain a Masters Swimming program. We welcome swimmers of **all** abilities. Whether you want to improve your overall fitness, swim for fun, develop better technique, or train for triathlons, open water swims, or pool swimming competitions, our workouts are designed to challenge people of all abilities.

We have an amazing staff of 6 outstanding, experienced coaches who are on deck for our swimmers 6 days a week!

Please email us at headcoach@vacavilleswimclub.com for more information.