

# Truckee Tahoe Aquatic Masters

## TTAM

Truckee Tahoe Aquatic Masters is a club member of **United States Masters Swimming, Inc.**

We offer year-round coached swimming workouts four days a week. All levels of swimmers aged 18 and older are welcome to join our club and swim with us.

Our team is made up of all levels of swimmers, from beginners to seasoned veterans. We have people who compete in swim meets, triathletes, and people who swim just for the benefit of personal fitness.

### Our practice schedule is:

Tuesday 6:45-8 am

Thursday 6:45-8 am

Friday 5:30-6:30 pm

Saturday 7-8:30 am

### Our Workouts are a mixture of:

High Heart Rate-Threshold

Distance Freestyle

Stroke, Non-Freestyle

Individual Medley

Sprint

There is no specific day for specific workouts, for we believe that all types of swimming is important to all swimmers. We will work with you and cater the workout to fit your personal fitness goals.

### Our Fee Structure is:

USMS annual membership <http://www.pacificmasters.org/admin/09memberapp.pdf>

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Swimming pool admission \$3 drop in or buy a season pass

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Masters Quarterly \$55 or Masters drop in \$3

The quarterly pass is good for Sept-Nov, Dec-Feb, Mar-May, or June-August

### For More information:

Contact coach Amanda Oberacker at

[truckeetahoeaquaticmasters@gmail.com](mailto:truckeetahoeaquaticmasters@gmail.com) or [Amanda@tdrpd.com](mailto:Amanda@tdrpd.com)

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