



Fig Garden

Masters

Swim Team

Come join the fun & friendship of our *Fig Garden Masters Swim Team!*

This is an organized program of swimming for adults. The goal of this team is to create an environment where you are coached to swim properly the four competitive strokes. Then, the goal is to improve those lessons with workouts designed to improve your strokes both technically and cardiovascularly. You need only to come with an attitude that is willing to learn and to be taught. Health, fitness, camaraderie, fun, competition, travel and coaching are fringe benefits. You will want to stay because the people are outstanding, the challenge is enjoyable and attainable. One of the greatest benefits is to practice with an organized group with set workouts and on-deck coaching.

Our team motto is fun, fast swimming!

Current membership in *United States Masters Swimming (Pacific Masters Swimming)* is required to participate on / with our *Fig Garden Masters Swim Team*. Please visit their website at www.pacificmasters.org to register online.

For more information on our *Fig Garden Masters Swim Team*, please call coach Jay Christiansen at *Fig Garden Swim & Racquet Club* at (559) 222-4816 or on his cell at (559) 977-7984.

Coach Jay Christiansen, with over 25 years of experience, leads this merry band. He has been coaching and loving coaching for a long time. He hopes what he enjoys most...the water...will be a love affair you enjoy as well. Come join us...we will make room!



Days & Times

Classes Are Held On
Mondays, Wednesdays & Fridays

7:30 AM - 8:30 AM

8:30 AM - 9:30 AM

5:45 PM - 6:45 PM

Prices

\$30.00 / Month: FGSRC Members

\$60.00 / Month: Non-FGSRC Members

Payment is due in full to FGSRC
by no later than on the 15th day
of each month.