



BECOME A MASTER

LANIER AQUATICS MASTERS PROGRAM FRANCES MEADOWS AQUATIC CENTER

INITIAL PROGRAM WILL MEET TUESDAY AND THURSDAY FROM 7 – 7:45PM
BEGINNING IN OCTOBER. NEVER TOO LATE TO JOIN.
PROGRAM WILL EXPAND TO MEET DEMAND.

EMPHASIZING PERSONAL INSTRUCTIONS ON TECHNIQUE AND
CONDITIONING FOR GENERAL FITNESS, MASTERS MEETS PARTICIPATION
AND FOR TRIATHLETES.

DIRECTED BY LANIER AQUATICS HEAD COACH JIM YOUNG,
A USA-CERTIFIED AND AMERICAN SWIM COACHES ASSOCIATION
WITH MORE THAN 40 YEARS EXPERIENCE

CONTACT JIM YOUNG 770-533-5863 CELL – 770-519-6500
JIMYOUNG1@MINDSPRING.COM

COST: \$50 PER MONTH COACHING FEE
\$60 PER QUARTER FRANCES MEADOWS CENTER POOL USE FEE ALL
PARTICIPANTS TO JOIN US MASTERS SWIMMING FOR INSURANCE
AND MEET PARTICIPATION RIGHTS.