

Montgomery "Ancient Mariners"

Competitive Swimming for Adults

Sponsored by

Montgomery County Recreation Department

Aquatics Section, 4010 Randolph Road, Silver Spring, MD 20902
240-777-6860 | www.montgomerycountymd.gov/rec

Montgomery Ancient Mariners is designed for fitness swimmers, triathletes and competitive swimmers who seek a structured workout with a professional coach. It is not a lap swim time. Nor swim lessons. Swimmers will be expected to be proficient in most strokes and advanced enough to circle swim a workout. Montgomery Ancient Mariners is an affiliated club with U.S. Masters Swimming. Therefore, all participants must be registered with U.S. Masters. However, entering competitions is optional.

The Montgomery County Recreation Department (MCRD) offers "Masters" year round in three sessions. Separate registration is necessary for each session. In case of inclement weather, practices will be cancelled. MCRD has contracted with Clay Britt, of Premier Swim, Inc., to staff Ancient Mariners with qualified coaches at each of the sites. The program will be coordinated by Clay Britt for meet entries, coach support, and social events. Registration will be processed by MCRD. For more information, e-mail clay@claybrittswimming.com or see www.ancientmariners.org.

Occasionally, it will be necessary to have a substitute coach. Also, it may be necessary to cancel or alter a scheduled practice due to other commitments, such as holiday schedules, school functions, major U.S.S. meets, etc. A make-up practice will not be scheduled.

REGISTRATION PROCEDURES

Program: Registrations will be accepted in-person at the swim center of your choice, or on-line at www.montgomerycountymd.gov/rec.

Club Registration: MUST BE DONE AT PRACTICE. In addition to the program fee, there will be a separate yearly registration fee to cover the required registration with U.S. Masters Swimming (USMS). New swimmers must pay this fee with a separate check (payable to Montgomery Ancient Mariners) and fill out a separate USMS form at the first practice. Current club members will renew in December. No exceptions can be made. Swimmers already registered with U.S. Swimming must show proof of registration. Swimmers may continue this affiliation but will be encouraged to affiliate as a member of Montgomery Ancient Mariners.

FEES & PRACTICE SCHEDULE – Fall 2009

September 8, 2009 – December 19, 2009

Germantown Indoor Swim Center 18000 Central Park Circle, Boyds, MD 20841 240-777-6830	M/W/F Tu/Th	6:30-7:30am 8:30-10:00pm	1 Day/Week \$90 255248
Montgomery Aquatic Center 5900 Executive Blvd., N. Bethesda, MD 20852 240-777-8070 <i>Practices will take place at Bethesda Outdoor Pool until MAC reopens in October.</i>	Tu/Th Fri Sun	8:30-10:00pm 8:30-9:30pm 8:00-10:00am	2 Days/Week \$130 255249 3 Days/Week \$170 255250
Olney Swim Center 16605 Georgia Avenue, Olney, MD 20832 301-570-1210	Tu/Th Sat	8:30-10:00pm 7:30-9:00am	4 Days/Week \$210 255251
Martin Luther King, Jr. Outdoor Pool 1201 Jackson Road, Silver Spring, MD 20904 240-777-8060	M/W	8:30-10:00pm	5 Days/Week \$250 255252