



MEDINA MASTERS SWIM CLUB

Swim Club/Team for Lap Swimmers
Age 18 and Over

The Medina Masters Swim Club (MMSC) is part of **United States Masters Swimming**. USMS was founded in 1970 and currently has over 30,000 members. It supports and encourages swimming competition, but many of its members are fitness swimmers who do not compete.

The Medina Masters Swim Club trains at the **Medina Community Recreation Center (MCRC)** once a week to promote health and fitness in adults ages 18 and over. Swimmers should be able to swim a minimum of several one hundred meter freestyle sets prior to joining.

MMSC regularly trains on Thursday's at 7:00pm. Times vary depending on the time of year and other use of the competition pool. Please visit the MMSC website for the most up-to-date information.

Medina Masters is coached by Amro Hassan and Lou Schaefer. Amro is an accomplished competitive swimmer who competes both nationally and internationally. Lou was a swimmer and team captain for The Ohio State University and has over 50 years swimming experience.

There is no cost to join the MMSC. However, you must be a member of the MCRC or pay the daily fee and join United States Masters Swimming (\$40 per year).

For more information, please visit the Medina Masters Web site at www.Medinamasters.com, or e-mail us at medinamasters@gmail.com.