

FSU Activities for Life to Offer Masters Swimming Sessions

Written by FSU News and Media Services
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Activities for Life at Frostburg State University will offer three masters swimming sessions for ages 18 and older: Session 1 from Aug. 29 through Sept. 30, Session 2 from Oct. 3 through Nov. 4 and Session 3 from Nov. 7 through Dec. 9, all in the Cordts Physical Education Center pool.

A fee per session entitles the student to as many as three workouts a week. The practice/workout schedule is Mondays, Wednesdays and Fridays from 5:30 to 6:45 a.m.

It is strongly encouraged that all FSU masters swimmers register as members of U.S. Masters Swimming at www.usms.org/reg so they will be eligible to compete in masters competitions throughout the year.

Justin Anderson, Rebecca Yost and Trey McGraw will be the instructors.

The registration deadline is the Monday of the second week of each session. Participants may try out the program for a week to decide if they want to participate.

Participants should come in swimming attire and bring a swim cap and goggles if needed. Most equipment will be provided but participants can bring their own.

For information and registration, contact Anderson at [240-920-9657](tel:240-920-9657) or jaanderson@frostburg.edu

FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call [301-687-4102](tel:301-687-4102) or use a Voice Relay Operator at [1-800-735-2258](tel:1-800-735-2258)

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