

## **MASTERS**

Designed for individuals looking for an organized swimming workout. Novice swimmers to advanced levels are welcome. Participants will enjoy the opportunity to build on their skill and fitness level under the guidance of an experienced swim instructor.

Workouts will be at the North End pool Friday, Saturday, Sunday, and Monday mornings from 7:00-8:00 a.m.

Cost is \$150

Session I – June 28 to August 19.

The registration process is through the borough at [www.springlakeboro.com](http://www.springlakeboro.com) click on beaches and pools and follow the prompts. If you cannot do it that way please call 732 449-0800 ext 617.

### **Masters Rules and Regulations**

When signing up for Master Class through Spring Lake, held at North End Pavilion, you will be paying to be a part of a team that has certain regulations and rules expected to be upheld by all.

1. Participants must follow basic swim etiquette:
  - a. Sharing lanes with multiple swimmers at a time requires circle swimming.
    - i. If you do not know how to circle swim the Instructor of the program will provide the information on how to do so.
  - b. When swimming be considerate of the others in the lane in accordance to speed.
    - i. Ex: Do not swim in front of someone who you understand is faster.
2. Following the practice outlined by the Instructor each day of practice.
  - a. If there are things in the practice you are uncomfortable with or unable to do due to any reason feel free to talk with the Instructor during practice from the lane or privately.
3. Staying in your assigned lane given to you by the Instructor
  - a. The lanes are flexible but assignments are based on assessed speed by the Instructor.
    - i. If there are any concerns about lane assignments feel free to discuss with the Instructor if you would prefer a different lane assignment
4. Any in depth questions or comments feel free to discuss with the Instructor before or after practice.

We need these procedures to be upheld by all to keep an orderly program. If they are not, understand we have the right for removal from the program. Thank you for understanding and cooperating with these outline rules.