

Masters Swim Team

For Fitness or Competition



The EDGE Masters Swim Team provides organized workouts for adults aged 18 and over at the Williston location. Our coaching staff helps swimmers achieve race goals and improve fitness. We provide active support for a healthy lifestyle through friendship and camaraderie. EDGE Masters is part of New England Masters LMSC and US Masters Swimming.

Masters Program

USA Masters Coach Emily Mitchell oversees the training plan and nine weekly in-water workouts. Prerequisites: Swimmers should be able to complete 400yds of freestyle and/or be able to complete 45 minutes of a swim training workout, and be able to share a lane/circle swim. Contact Emily at emilym@edgevt.com or ironwoman1344@gmail.com.

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
5:45-7am	5:30-6:45am 6:45-8:00am 10:45am-Noon	7:45am-9am	5:30-6:45am 6:45-8:00am 10:45am-Noon	7:00-8:30am

Fees

Daily Drop-in: \$16
Monthly with EFT: Member \$20 / Non-Member \$60
Monthly non-EFT: Member \$25 / Non-Member \$70
Annual: Member \$228 (5% discount on monthly EFT rate). Good for one year from payment date.

More Information

Please link to our team site [HERE](#) or at www.edgevt.com under 'Swim Team' to learn more about Masters and EDGE membership. *Note: Masters is not a Learn-to-Swim program.*

Other Swim Options for Adults

If you are not quite ready for the Masters swim team we offer private and group lessons for adults. Contact Rodney Centeno, rodneyc@edgevt.com.

