

## General Information

### WHERE?

Northridge Rec Center Indoor Pool  
8800 S Broadway, Highlands Ranch

### WHEN?

Mon/Wed/Fri 6:15am—7:30am  
Tu/Th 11:00am—12:00pm

Check the website for additional workout group times! [www.hrcaonline.org/swim](http://www.hrcaonline.org/swim)

### COACH:

**Ellen Campbell** — Head Coach

### WHAT IF I DON'T WANT TO COMPETE?

No problem! Members of the Highlands Ranch Masters Team are not required to compete. Many members of club teams are members solely for fitness for achieving individual goals. All levels are welcome in this program!

### WHAT DO I NEED TO DO TO COMPETE?

If your goal is to compete, the next step is simple. You will need to register with US Masters Swimming (link below) and pay a the annual fee. This will grant you access to all local and national competitions in the form of organized meets, open water, etc. (<https://www.usms.org/reg/>)



**HIGHLANDS RANCH COACHED AQUATICS**  
Northridge Recreation Center  
8800 S Broadway  
Highlands Ranch, CO 80126

Phone: 303-471-8942  
E-mail: [kerri.mcgrath@hrcaonline.org](mailto:kerri.mcgrath@hrcaonline.org)



## Highlands Ranch Masters Swim Program





## About Masters Swimming

Highlands Ranch Masters Swim is registered with both COMSA and US-Masters Swim. This gives the ability for the program to be recognized and for our swimmers to compete (if they wish) on a local and national scale.

Head Coach Ellen Campbell is certified by USMS Association and has over 30 years of coaching and triathlon experience.

Colorado Masters Swimming has grown from just a handful of small workout groups to over 60 groups, within the state, in the past two decades. Swimmers range in ability from having never swum a stroke to Olympic Medalists.

All of them share the same passion for swimming, friendship and competition, a legacy that has led to one of the most recognized swimming organizations in the country.

**Join the family today!**



## FAQ's

### Is Colorado Masters Swimming for me?

- Share and enjoy your swimming with others.
- Improve your overall fitness.
- Improve your swimming technique.
- Become stronger.
- Reduce stress.
- Have the opportunity to swim in meets as an individual swimmer or as part of a team.

**How old do I need to be to join?**  
18 or older. All ages over 18 are welcome!

### What if I am not in good shape?

It's one of the main reasons so many join and stay in Masters. It's a great way to get in shape and stay in shape — and have fun doing it.

### I'm not fast. Will I be out of place?

Masters swimmers range in abilities and interests from lap swimmers and fitness swimmers to competitive minded swimmers and triathletes. Regardless of your swimming ability and swimming interests, you will be with other swimmers who share your enjoyment of swimming.

### I'm a self-coached swimmer. What does Masters Swimming offer me?

A motivating environment for swimming regularly, improving your stroke, and a chance to get to know other swimmers. It's up to you whether you stay self-coached or join a group.



### Do I have to attend swim meets?

No. About half of the members of the Colorado Masters don't compete in swim meets. It's your choice. Colorado Masters and COMSA hold numerous meets and open water events annually. Whether you're ultra-fast, sort of medium, or not fast at all, you'll find others with similar abilities and desire at each of these events.

### How can I be in a workout group?

We encourage you to join a workout group for camaraderie, coaching, and commitment.

### What does this program cost?

All workout classes require online pre-registration at [www.hrcaonline.org/swim](http://www.hrcaonline.org/swim) and the purchase of a Coached Aquatics Punch Pass (10, 20, or 30). Passes are good at all supervised swim workout groups, which are tailored by our certified coaches to increase your swimming ability and overall fitness.

Please visit the HRCA website or the Northridge Front Desk to purchase a punch pass and register for workouts.

### Do I have to be a Masters Member to join a Masters Swim Class?

No. HRCA Members and program guests may join. A punch Pass registration is required.