



# AquaRAMS

## CALLING ALL SWIMMERS!

A Masters swim club, Rolla Area Master Swimmers (AquaRAMS) are a part of the St. Louis Area Masters (**SLAM**). The goal of AquaRAMS is to welcome all swimmers 18 and OLDER regardless of ability or personal goals. AquaRAMS is interested in giving you what you want and need in lap swim work outs. This is a perfect opportunity for anyone looking to compete in events, such as swimming meets and triathlons, or just improve your swimming abilities. AquaRAMS will offer workouts to improve stroke technique along with new and interesting endurance and cardio workouts. Finally AquaRAMS is an opportunity to meet new swimmers at your skill level who you can work with to maximize your own improvement. **Adam Craghead** will lead the group and provide weekly/daily workouts via email. A monthly meeting will help set goals and activities on an on-going basis. Special sessions will provide technical background for workouts and skills.

Program # 510540

### Times

#### Meetings

Thursday 7:45pm-8:45pm

Saturday 10:00am-11:00pm

#### Swimming at the Centre (on your own):

Mon – Fri 5:30 am to 7:45 am

11:00 am to 1:00 pm

Mon – Thur 8:00 pm to 8:45 pm

SAT 8:00 am to 11:00 am

SUN 11:00 am to NOON

### Location

Kiwanis Natatorium

### CLUB Fees

\$35/ month

(\$5 member discount)

(\$5 family discount)

### SLAM Registration

Yearly \$35.00 per person



For registration and additional information regarding the SLAM AquaRAMS, contact Adam Craghead at [rolla\\_slam@yahoo.com](mailto:rolla_slam@yahoo.com)