

Want
More Confidence
More Speed
and a Smoother Stroke?



You
NEED
Us



ARIZONA MASTERS SWIMMING

**Are you interested in improving your times?
Do you want more energy for the bike & run?
Would you benefit from more confidence in the water?**

If you've got a strong bike and run, but want to improve your swim, we can help you significantly enhance both your performance and confidence in the water.

As a triathlete you have special needs when it comes to swim training. By joining Arizona Masters Swimming, you'll gain access to swim teams, coaches, and training information that are specifically geared for you.

**Improve your performance,
get more confidence in the water
and finish faster than before.**

Getting started is easy, just visit

www.azlmsc.org

or call

480.365.0037

