



**CORNERSTONE
AQUATICS CENTER**

MASTERS

55 Buena Vista Road, West Hartford, CT 06107

Masters Swimming

Join Dick Allison on Wednesday afternoons 12- 1 p.m., Thursday evenings 6:30-7:30 p.m. and Saturday morning 11 a.m. - 12 p.m. at Cornerstone Aquatics Center!



What is Masters Swimming?

Masters swimming is an organized program for adults. Members participate in a variety of ways, from lap swimming to international competitions. Programs are open to all who are dedicated to improving their fitness through swimming. Workouts are built around the abilities and goals of swimmers.

Who is Dick Allison?

Dick began as a swim stroke instructor 18 years ago. He works with competitive swimmers at all levels — beginners, rec league, high school, U.S.A. and U.S. Masters.

He has been coaching the Masters program at Cornerstone for 6 years and is a candidate to become a certified U.S. Masters Coach. Dick was the head coach at Hartford Magnet Trinity College Academy, and he is a U.S.A. Swim Official with over twenty years of officiating experience.

Masters is free for Cornerstone members!

Non-members: \$10 per class

Masters runs year around. Stop by Cornerstone today and give masters swimming a try! If you have any questions please email the Aquatics Manager, Nancy Glynn at nancy.glynn@hfit.com.

www.CornerstoneAquatics.org