

Broadstone Masters Swim Club Fall Update

Welcome new and returning swimmers to the Broadstone Masters Swimming Program!

The Masters Swim program is a great way for adults to get a great no-impact cardiovascular workout and competitive swim training. Guided workouts are conducted on a regular basis in our lap pool. We have a lot of fun learning new skills, improving our swimming endurance and hanging out with fellow swimmers. You do not need experience to join us. All you need is the ability to swim a few lengths of the pool and have fun getting in shape.

Challenging workouts can also be provided for those swimmers with Triathlon and Open Water Swimming goals. The majority of members are swimming for fitness, cross-training and a great workout.

This past Season we attended many events and the Waikiki Rough Water Swim. We trained for the events as a group and swam at Folsom Lake on Thursday nights to prepare for the swims. In Hawaii we met to practice the start and finish of the race. Our veteran swimmers gave us very good tips. The result of the Masters swimming program and Coaching was great swims for all. And the non-competitive recreational swimmers benefitted with better swimming technique and endurance for fitness workouts. Please join this Free Swimming Program !



Scheduled Swim Times:

Monday, Friday (5:00am - 7:00am) - Coach Heike

Sat, Sunday (9:00am - 11:00am) - Coach Heike

Tuesday (6:45pm - 8:00pm) - Coach Myron

Thursday (6:45pm - 8:00pm) - Coach Myron

Waikiki Rough Water 2.4 Mile Swim Results , Sept 5, 2011

		Overall	Age Group		
SUSAN	ORTLIP	879	18	FOLSOM CA	1:30:21
JEFF	ORTLIP	315	15	FOLSOM CA	1:07:27
MYRON	DONG	359	31	FOLSOM CA	1:12:42



September 2011