



Orinda Aquatics Masters Swimming

oamasters.com

Welcome to Orinda Aquatics Masters Swimming!

Our Swimmer Profile: All types of swimmers belong to OA Masters, ranging from novice to Olympic Champion (Karen Moe Humphrey) and an English Channel Swimmer (Ranie Pearce). We may have different aquatic backgrounds but we share a love of the water and of swimming for fun and fitness. Some of us compete in swim meets, open water swims and triathlons although most do not. Many joined OAM after extended absences from swimming while some are just now learning to swim competitively. All are welcome! And if you are not sure, try us out for free for two weeks and see what you think. You just have to be 19 or older to join.

Our Director and Coaches: We are very proud of our Director, Steve Haufler, and our exceptional coaching staff. To read more about them, please click on the Coaches tab on our website.

Dues: \$70/month plus a \$75 annual membership fee payable when you join (\$38 after July 1).

Workout Schedule:

Monday - Friday: 6:00 - 7:00 AM

Monday, Wednesday, Friday: 9:00-10:00 AM (Summer 9:30-10:30AM)

Saturday: 7:00 - 8:00 AM

Registration: Please complete the registration information on line by going to oamasters.com and clicking on the registration tab.

US Masters Registration: All those who work out as a Masters swimmer must be registered with U.S. Masters Swimming. The annual fee is \$46 with checks made payable to Pacific Masters Swimming. You can either mail the form in or register on-line with a credit card by clicking [here](#).

Contact Us: For more information about Orinda Aquatics Masters, please contact Director Steve Haufler at shaufler@orindacc.org