



# Adult Swim Program

Find us on Facebook! <https://www.facebook.com/groups/31774839843/>

Website: <http://www.greatbaymasters.org/>

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## What is Great Bay Masters Swimming?

Great Bay Masters Swimming (GBM) is a United States Masters Swimming (USMS) club that has created an association between the programs at UNH, Dover and Portsmouth Pools. The team offers coached swimming workouts, social events and opportunities for competition.

## Who should swim with Great Bay Masters & Why?

Any adults aged 18 and over who would like to:

- Develop fitness and strength through swimming
- Improve stroke technique and become a more efficient swimmer
- Do more varied workouts designed to work all your energy systems
- Enjoy the camaraderie of a fun group of people

## What about Competition?

Competition is encouraged but not required. GBM will focus on several competitions each year; the SCM Championships in December, a mini meet in February, the SCY Championships in March and LCM outdoor meet during the summer. Workouts will be structured around these competitions. The proportion of each workout dedicated to distance, pace, and sprint work will vary in the months before each competition to optimize conditioning. Summer workouts tend to focus on preparing swimmers for longer open water swims and triathlon swims.

## Workout Options:

<b>Jenny Thompson Outdoor Pool</b>	<b>Dover Indoor Pool</b>	<b>UNH Swasey Pool</b>	<b>Portsmouth Indoor Pool</b>
150 Portland Ave. Dover, NH	9 Henry Law Avenue Dover, NH	145 Main Street Durham, NH	Andrew Jarvis Dr Portsmouth, NH
<i>June through August</i>	<i>September through May</i>	<i>September through May</i>	<i>September through May</i>
Mon/Tues/Thur 6:00-7:30 PM, Sunday 9:00-11:00 AM	Tues/Thurs 6:30-7:45 PM, Sunday 9:00-11:00 AM	Mon/Wed 6:00-7:00 PM	Mon/Wed 6:00-7:00 PM
Call for fees: 603-516-6085	Call for fees: 603-516-6441	Passes sold at UNH Campus Rec	Call for fees: 603-427-1546

**COME SWIM WITH US!!**