

Minnesota Masters Swimming Places to Swim

This information is as current as we can keep it. It is always recommended you contact the coach prior to attending your first practice.

USMS COACHED WORKOUTS

All the groups listed below are organized swimming groups- **Current USMS registration is required.**

If in doubt, please bring your current USMS card with you.

Please email Tina Neill directly at polarswim@aol.com for changes/additions

Academy Masters - Mendota Heights

John Barnes jbarnes@cadets.com 651-238-2275 M,T,W,Th, F 5:30-7:00am
\$35/month

Focus is on swimming to attain the best possible level of fitness for masters swimming, triathlons or just staying in shape and having fun. This program is for conditioning and swimming for life. All abilities welcome.

Barracuda Masters- Bloomington

Jeff Lee

952-884-3703

MNFECDUDAS@aol.com

M, W, F 6:00-7:00 am

\$50/ 12 practices

Foss Swim School Masters

Foss Swim School- Blaine

763-398-3399

T, Th 6:15-7:15 am

M, W 7:00-8:00 pm

\$40 / month or \$5 / practice

Fitness, stroke technique, triathlon training

Hopkins Masters-Hopkins

Scott Tripps

952-745-0344

Royalh2o@aol.com

M, T, W, Th F 5:45-6:45 am and 6:45-7:45 am

\$30/ month, \$75/quarter (2 days/week)

\$35 /month

\$90/quarter (3 days/week)

\$40/month

\$105/quarter (4-5 days/week)

*This group has a variety of participants (fitness swimmers, competitive swimmers and triathletes) Each lane-group works together through their practice which may include sprints, mid-distance and distance sets, stroke work, drills, kicking and more. All abilities welcome.

KnightCrawlers-Northfield

Carleton- West gym

Brian Cohn

pentathlon@charter.net

M, W, F 5:15-6:30 am during academic year

Macalester Masters - St. Paul

Tina Neill

651-696-6648

neill@macalester.edu

M, W, F 6:00-7:30 am

Sat 7:30-9:00 am

\$50/month

\$5 /practice for guests

All new members and guest must contact the coach before attending

This program is based on everyone training and feeling comfortable swimming all four strokes. We have a lot of variety in practices and are constantly working toward swimming more efficiently and having fun. We host the annual Lake Harriet 1 and 2 mile open water swims and have dinners, BBQ's... away from the pool.

Marlin Masters - Moorehead

Pat Anderson

701-261-9144

moormarlin@aol.com

M, W, Th, F 5:45-7:15 am

\$20/month

Med City Masters - Rochester

Med City Masters Swimming

507-254-2109

M,T,W,Th,F 7:00-9:00 pm

Sun 4:00-6:00 pm

\$7.50/week

Minnetonka Masters - Minnetonka Middle School

Sean McCaffrey

952-401-6831

Sean.McCaffrey@minnetonka.k12.mn.us

M, T, Th, F 6:00-7:30 am

\$155/ quarter

Minnesota Tri- St. Louis Park

Dave Cameron

612-215-4228

davidcameron@hotmail.com

T 7:30-8:30pm F 7:00-8:00 pm

\$7/practice or \$50/ 8 practices

New Hope/Crystal/Plymouth

Dale Nelson

763-420-7492

dalen40@comcast.net

M,W, F 6:00-7:30 am Please see NHCP web site for costs

North Suburban Masters

Craig Charlson

651-325-8653

craigcr007@msn.com

T, Th F 5:30-7:00 am

www.nsmakos.org

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Richfield Masters

Kate Hardt

headcoach@richfieldswimclub.org

612-866-7857

M, W, F 5:30-7:00 am Saturday 7:00-8:00 am

\$30/ month

www.richfieldswimclub.org

Focus is on swimming to attain the best possible level of fitness for masters swimming, triathlons or just staying in shape and having fun. The program is for conditioning and swimming for life. All abilities welcome.

Rochester Swim Club Orcas Masters

John Sfire

507-252-85

www.masters.swimorcas.com

Olmsted County Rec. Center (Sept-May)

Soldiers Field Pool (June-Aug) M, T, W, Th, F 5:30-7:00 am.

Please call about Saturday practices

\$40/month or \$105/ 3 months

Coached workouts by Rochester Swim Club coaches. Out of town drop- ins welcome.

SEMS Masters - Woodbury

Tina Welzien

651-738-7946

cwelzien@comcast.net

M,T,W,Th,F 6:00-7:00 am

M,T,W,Th, F 6:30-7:30 pm

\$50/month or \$5/swim whichever costs less

Please go to www.semsswimclub.com for additional information

STAR Masters - St. Paul

Paul/Sue Lundsten

651-704- 0024

STARswim@hotmail.com

M, W, F 6:00-7:00am T, Th 5:30-7:00 am June-August

M, T, W, Th, F 6:00-7:00 am

\$55/ month

Twin Cities Swim Team Masters- Minneapolis

Jim Andersen

612-625-1026

tcswim@umn.edu

M, T, W,Th, F 6:00-7:30 am

M, T, W, Th, F 5:30-8:00 pm Sat: times vary

Siver (3-4 x week) \$50/month

Gold (Unlimited per week) \$70/month

COACHED WORKOUTS

The following are coached workouts and require YMCA/YWCA/Lifetime Fitness/Flagship membership. Some programs also require USMS membership and you are encouraged to join United States Masters Swimming (USMS) and enjoy the benefits.

Downtown YMCA - Minneapolis

No coach, but the workout is organized Contact: Mark Sells 612-547-7531
marksells@comcast.net M, T, W, Th, F 11:40 am -12:30 pm Cost is Y membership

Downtown YWCA - Minneapolis

Sara Fuls
sfuls@ywcamppls.com 612-215-4157 M, W, 6:00-7:00 pm T, Th 6:30-7:30 pm
Cost is Y membership or 10 swims for \$50

Midtown YWCA

Jason Burmeister 612-215-4340 jburmeister@ywcamppls.org T, Th 7:30-8:30 pm
Sun 9:00-10:30 am Cost is Y membership or 10 swims for \$50

St. Cloud YMAC

Will Hurst

320-253-2664 ext. 117

AquaticsDir@scymca.org

M, W, F 12:00- 1:00 pm

Cost is Y membership

St. Croix Valley YMCA- Hudson, WI

Joan Ramquist 715-426-1960 jramquist@yahoo.com M,W 5:30-6:45am F 6:00-7:00 am Cost is Y membership

Uptown YWCA

Dave Cameron 612-215-4228 david.cameron@hotmail.com M, W, F 6:00-7:00 am
T, Th 9:00-10:00 am M, W 7:30-8:30 pm (Dryland 7:00 pm) Sat 8:00-9:00 am
Sun 4:00-6:00 pm Cost is Y membership or 10 swims for \$50