



Coached Fitness Swimming for Adults

“Masters Swimming.” The name sounds daunting, discouraging, overwhelming! The name may be, but the swimming is what you make of it – “Masters” is simply adult swimming for fun, for fitness, for technique, and/or for speed. It’s for swimmers and triathletes; for pool and ocean swimmers; for pool and ocean *racers*, for the serious and/or social athlete; for the hard core and for those whose knees are shot; for beginners and experts; for the young and those who were younger once. It’s even for the surfer who loses his leash in big surf.

Swimming is non-impact training that mixes upper and lower body strength and endurance/aerobic training. Swimming can be as hard as you want, or as easy which makes it a sport & exercise for all ages. We train national champions in the lanes next to women who gave birth the next day (really – I personally know 2 cases).

Here in Hawaii, swimming at all levels is our heritage and legacy more than anywhere in the world. We live on an island! Our island has a great swimming history which includes Duke Kahanamoku (he wasn’t just a surfer), Coach Soichi Sakamoto (a leader in training techniques for all aerobic sports which he applied to world champion swimmers), not to mention all the aquatic Olympians who live in the islands. We work & play in the water and at water’s edge ... which demands that we be strong swimmers to be safe.

You don’t have to be in shape to start ... that’s what the coaches are for. You don’t need to know how to do all the strokes, or a “flip turn”. You don’t even have to be able to swim very well ... as long as you can swim a little bit (50 yds), good coaches can help you improve with time. And you get more fit and enjoy it more as you learn.

Where to go? You can find all the masters swim workout times for all areas of all islands posted at www.hawaiimastersswim.org: **Kauai**, **Hawaii** Hilo, Kona and in between; **Maui** Upcountry, in town, Kihei & Lahaina; and **Oahu** UH, Kailua, Pearl Harbor, and Honolulu.



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| <p>Pukalani Pool Tue & Thur 6:00pm - 7:30pm Saturday 7:30am - 9:00am Sakamoto Pool (War Memorial) Mon & Wed 6:00 - 7:30pm Tue & Thur 5:45 - 7:30am</p> | <p>Pukalani Pool Mon-Wed-Fri 5:45am - 7:15am Kihei Aquatic Center Mon thru Fri 5:15pm - 6:30pm Lahaina Pool Mon-Wed-Fri 5:30am - 7:00am Tue & Thur 6:30pm - 8:00pm</p> |
| <p>Contact: Malcolm Cooper 280-4257 Website: http://www.swimmaui.com/</p> | <p>Contact: Janet Renner at 280-2756 Website: http://www.mastersswimmaui.org</p> |

–Malcolm Cooper www.hawaiimastersswim.org June 2009