

MASTERS & FITNESS SWIMMING

Spring 2026

DATES: April 28 - August 6, 2026 (30 classes)

DAYS: Tuesday & Thursday

TIME: 6:45am - 7:45am

FEE: Resident \$180/Non-Resident \$240

LOCATION: AFC @ JFK Middle School, 100 Bridge Road Florence

INSTRUCTOR: Coach John B.

REGISTRATION OPENS:

Residents Wednesday April 8 @11:00am

Non-Residents Thursday April 9 @11:00am

NO WALK INS

We recommend you create an account and/or log in prior to the registration time to ensure your account is working
Space is limited. Please contact the office if you encounter problems at 413-587-1040

Are you interested in a lifelong fitness activity, Master swimming competition or participating in a triathlon? If so we have a great opportunity for you. Our program emphasizes stroke improvement and refinements using drills and positive feedback as well as training for improved cardiovascular fitness, overall fitness and speed. We have different levels of training ranging from newcomers to advanced swimmers.

Masters Ability Guidelines: (6 people per lane)

To allow for the safety of our master swimmers we are applying the following guidelines for registration.

Advanced A (Lane 6): 100 yard freestyle on a 1:30 interval; non-freestyle 100 yards on a 1:45 interval

Advanced B (Lane 5): 100 yard freestyle on a 1:35 interval; non-freestyle 100 yards on a 1:50 interval

Advanced Intermediate (Lane 4): 100 yard freestyle on a 1:40; non-freestyle interval for 100 yards on a 2:00 interval

Intermediate (Lane 3): 100 yard freestyle on a 2:00 interval; non-freestyle 100 yards on a 2:15 interval

Beginner (Lanes 1 & 2): 100 yard freestyle on a 2:15 interval; non-freestyle 100 yards on a 2:40 interval and be able to swim 800-1000 yards per class.

Coach John B. is a former Masters coach for Northampton Parks and Recreation. John's goals is recreation, and fitness training with improvement of strokes. John believes in positive feedback, positive motivation, and strives to help everyone achieve their goals.

REGISTER ON-LINE AT WWW.NORTHAMPTONMA.GOV/RECREATION



Northampton Parks and Recreation, 100A Bridge Road, Florence, MA 01062 413-587-1040

Email recreation@northamptonma.gov

Updated 3/27/26