

Directions

■ Attleboro High School, Attleboro MA is located on Rathbun Willard Drive. Take I-95 to the Attleboro Exit 3A, Route 123 towards Attleboro Center. Immediately after exiting off I-95, take a left at the Shell gas station onto Lathrop Drive. Follow approx. one mile and take a right onto Rome Blvd. Rome Blvd will curve to the right and then back to the left before becoming Rathbun Willard Drive. Attleboro High School will be on your right. Enter the first large parking lot next to the school.



■ Cumberland High School, RI I- 295 take the RI-122 North exit 10- toward Cumberland/Cumberland Hill/Woonsocket. Turn slight Right onto Mendon Rd/RI-122. The entrance to the High School is on your left. Proceed up the hill to the parking lot.

■ Raynham Athletic Club, Raynham, MA 1250 New State Hwy Route 24 to the Route 44 Middleboro exit. Go through two sets of lights and the Raynham Athletic Club will be approximately ½ mile on the left next to the Toyota car dealership.

\$ Cost \$

- Drop In Fee: \$5
- Monthly Options:
 - ▶ \$40 three+ times a week
 - ▶ \$30 two times a week
- \$450 one-time yearly payment
(Checks payable to C & C Swimming, Inc.)

How to Reach Bluefish

Feel free to contact us anytime with questions about our programs. We also encourage you to visit our website to learn more about our Club.

Bluefish Phone:

508-455-2791

Fax #: 508-455-2792

Website: <http://abfswim.com>

E-mail: abfswimsccl@yahoo.com or

johnson.tami@gmail.com

Address:

P.O. Box 676

Raynham Ctr, MA 02768

Come Swim With Us

**BLUEFISH
B
Swim Club**

Once a Bluefish
Always a Bluefish

Bluefish
Masters
Swimming

What is Masters Swimming?

Founded in 1970, Masters Swimming is part of United States Swimming. Individuals age 19 and older are welcome to join and participate at whatever level they choose in this "lifetime sport." Swimming is a fitness activity that can be preformed at any age. Its low-impact nature also makes swimming great for rehabilitation and joint mobility. Masters' swimmers range in ability from those just learning to swim to former collegiate and Olympic swimmers.

There is a full schedule of local, national, and international swimming events for those interested in competing. Some Masters choose not to compete, but enjoy the benefits of coached workouts, the exercise of swimming, and the interaction with other active adults.

New England Masters Swimming

Bluefish Swim Club is affiliated with the New England Masters Swim Club (NEM), a United States Masters registered swim team. For further information on NEM please visit their website at:
www.swimnem.org.

Bluefish Masters must register as a member of NEM. Forms are available on the above website and upon request.

Bluefish Masters Program

Each practice will focus on various aspects of swimming. The primary objective is to improve each swimmer's stroke efficiency while increasing speed and aerobic capacity. Stroke efficiency will improve through stroke analysis, technique corrections and the frequent use of stroke corrective drills. Endurance training will improve aerobic capacity. Speed will improve as swimmers become more efficient in the water and their endurance increases.



In addition, specialized tri-athlete training is available. Please stop by or call to learn how Bluefish Maters can significantly improve you/your group's triathlon performance.

Locations & Facilities

- Raynham Athletic Club, Raynham MA, pool is a 6-lane, 25 yard competition pool. Bubbled for winter and outside in summer.
- Attleboro High School, Attleboro MA, pool is an 8-lane, 25 yard competition pool.
- Cumberland High School, Cumberland RI, pool is a 6-lane, 25 yard competition pool.

Schedule

Attleboro Pool: Monday, Wednesday, & Friday Morning 5:15-6:45am.

Raynham Athletic Club Pool: Tuesday & Thursday 5:30-7am and 7:30-9pm, Saturday 8-9:30am.

Please visit our website at www.abfswim.com for a current schedule

Staff

Christie Batchelor – Christie was a competitive swimmer for thirteen years. She is a graduate of Kenyon College where she was a part of a NCAA Championship Teams. She has been coaching and instructing swim lessons for 10 years. Christie grew up attending the Texas Longhorn Swim Camp where she swam side by side with Olympians like Janet Evans. She later went on to coach at the renowned swim camp learning from some of the best coaches in the country former Olympic coach Eddie Reese and Olympians Jill Sterkel.

Tami Johnson – Tami swam for Schroeder YMCA in Wisconsin and was a member of the team that captured the Women's National YMCA Title in 1999. Tami graduated from Iowa State University with a degree in Marketing. Coaching was a passion for Tami, so after graduation, she began working with the Age Group, Senior, and Masters programs at Schroeder. Tami recently moved to New England to embark on a new coaching adventure.