

the OFFICIAL PNA
MASTERS
NEWSLETTER

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MAY 10, 1986

Vol. 5 No. 5

Schedule • Calendar

May 31 Baby Shower, Carolyn Baldwin's
June 14 LC Bellevue Athletic Club
June 24 Board Meeting, Moore's
July 19 LC Meet, tentative
July 26-27 Sun Valley Invitational
Aug. 1-3 LC REGIONALS CHAMPS, Spokane

1986 NATIONALS

May 15-18 SC Fort Pierce, Florida
Aug. 21-24 LC Mount Hood, Oregon
July 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING: May 27, at Ann Gindroz' 715 N. Yakima, Tacoma, 98403, 272-1854

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST DAY OF EVERY MONTH!

PNA HAS A RECORDED MESSAGE PHONE NUMBER UNDER S.W. DEARBORN: 206-328-4424

Think "LONG COURSE NATIONALS!!"

BABY SHOWER! "Welcome Sarah Moore" Celebration and Potluck at Carolyn Baldwin's, 17056 12th Pl. SW, Seattle (243-2705), Saturday, May 31, 1986, 6:30pm. Contact Linda Cazin (828-4530) or Kathy Casey for ideas if you want to bring a gift. (Map on Page 26.)

CONGRATULATIONS JANE & HUGH! Sarah Michelle Moore, born 1:00am, April 16, 1986, 7 lb. 5½ oz., 21 inches long. HOORAY!!

WARNING!! YOU WILL NOT SWIM ON RELAYS AT LONG COURSE NATIONALS UNLESS YOU SEND THE RELAY FORM TO KATHY OR JULIE. (See "WARNING" article, page 3.)

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Dear Master Swimmer,

For most of us, PNA Champs marked the end of the short course season. I was pleased to see all of our meets so efficiently managed this season. It's fitting that the Championship meet was the best. Special thanks to Carol Ann Thurston for hosting such a well run meet.

Now its time to start thinking about longer pools (remember, you don't have to count as high). Long Course Nationals in Gresham, Oregon are only three months away. It's time to plan such things as motel accommodations, what events you are going to swim, goal times, and car pooling. Also, keep track of your 50 meter times so that our relay captains can organize competitive relays.

Each year the PNA gives each team an opportunity to honor a member of their choice as Swimmer of the Year. Criteria for the award are established by each team. Certificates are presented at our awards banquet. Congratulations to the PNA Swimmers of the Year for the 1985-86 season:

Nick LeClercq	Bellevue Athletic Club
Steve Gates	Bellevue Eastside Swim Team
Steve Engel	Cascade
Carter Morgan	Fidalgo Island
Frank Newquist	Ft. Steilacoom
Meg Lloyd	Husky
Allan Sachs	Jewish Community Center
Ann Gindroz	Tacoma Y
Carolyn Baldwin	Tigers
Kathleen Dyer	Mercer Island Swim Coalition
Max Ward	Washington Athletic Club
David VanKleeck	Whatcom County Masters

If you are interested in hosting a meet during the next year and haven't received a meet bid packet, please contact Jan Kavadas at 775-5814.

Thanks to new committee members: Gordon Gray - Computer applications, Jim Penfield - Sunshine, and Judy Harrison - Publicity.

PNA Teamwear is available at all PNA meets. Items for sale include:

Long Sleeve T-Shirts	\$12.00
Towels	10.00
Seat Cushions	7.50
Pins	1.50
Caps	2.00

Remember - Swimming: A Lifelong Sport for a Long Life!

Hugh

W A R N I N G

At one day before the start of Regionals I do know there are 340 entries at Short Course Regionals. I assume 70 of those might be PNA entries. Thirty of you have notified me that you are willing to swim relays there. The other forty of you either don't want to swim relays or assume that we will magically put together relays once we discover you are there. The latter is not true.

If you want to swim in relays at Long Course Nationals, you must notify us via the relay form on page 5. National relay entries are due July 21 not on deck at the meet. If you don't notify us, you will not swim on relays at Long Course Nationals!

.....KC..

PNA Committees as of April 26, 1986

COMMITTEE	MEMBERS (* - chair)
Relay Captains	*Kathy Casey, Jay Palmer, Julie Corman
Constitution & By-laws	*Rick Ingraham, Hugh Moore, Kathy Casey
Officiating	*Carolyn Behse, Rick Ingraham
Sunshine	*Marietta Hunziker-James(582-6877); Jim Penfield (884-2359)
Hospitality	*Dave Addleman, Kiko Kimura
Medical	*Jane Moore, Kiko Kimura, Martha McClelland, Carolyn Baldwin
Social	*Linda Cazin, Rick Ingraham
Teamwear	*Jay Palmer, Jane Moore, Hugh Moore
History	*Tom Foley, Maxine Carlson
Computer Applications	*Hugh Moore, Walt Reid, Dave Addleman, Gordon Gray
Fitness	*Kiko Kimura, Hugh Moore, Jane Moore, Lib Rust, Amy Rust, Maxine Carlson, Cathy Brooks, Karen Unruh, Carolyn Baldwin
Awards	*Carolyn Baldwin, Steve Freeborn
Newsletter	*Kathy Casey, Hugh Moore, Walt Reid
Publicity	*Frank Newquist, Judy Harrison
Records	*Walt Reid, Kathy Casey
Meets	*Jan Kavadas, Hugh Moore, Joann Brislin, Julie Corman, Carolyn Baldwin, Rick Ingraham
Membership	*Jane Moore, Hugh Moore, Rick Ingraham
Finance	*Julie Corman, Hop Bailey, Hugh Moore

LONG COURSE DIFFERENCES

We are about to enter the long course season. Following is a reminder of the stroke rules that are different for long course season. (Remember: "the short course start shall be used for all events" beginning with the 1986 season.)

102.1 BREASTSTROKE

(4) Turns

(b) Long course--When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.

(5) Finish

(b) Long course--On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water

NOTE: Either complete or incomplete movements of the arms or legs from the starting position shall be considered as one complete stroke or kick.

(IE--The head may not go below the water level at the finish or going into the turn. The shoulder may not be dropped going into a turn.)

102.2 BUTTERFLY

(4) Turns

(b) Long course--When touching at each turn the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.

(IE--The shoulder may not be dropped going into a turn.)

From United States Swimming Rules and Regulations.

If you would like your own copy of the United States Swimming Rule Book, send \$6.00 (includes postage) with your name and address to:

United States Swimming
1750 E. Boulder ST
Colorado Springs, CO 80909

Checks payable to United States Swimming; designate 1986 Rule Book in the lower left corner. 1986 Rule books will be mailed after January 1, 1986.

The March, 1986, PNA Board meeting, held at the home of Debra Lewis, was called to order by President Hugh Moore at 7:20 PM. In attendance were Frank Newquist, Linda Cazin, Hugh and Jane Moore, Julie Corman, Jan Kavadas, Robin O'Leary, Carolyn Behse, Rick Ingraham, Dave Addleman, Kiko Kimura, Debra Lewis, Donna Phelan, Kathy Casey, Gordon Gray, and Carolyn Baldwin.

Minutes of the previous meeting were not available. Treasurer's report revealed a balance of \$3844. The required annual meeting of PNA Masters Swimmers will be held in conjunction with the banquet, April 5th. Tom Foley will present this year's Ransom Arthur Award nominee at the banquet.

The meet packet for the 1986-7 season was reviewed and discussed at length. Jan Kavadas will incorporate the suggestions into the packet and begin distribution.

Recent and upcoming meets were discussed. There will be a meeting of those swimmers who will be attending Short Course Nationals and Japan at PNA Champs to organize relays. A 50 meter meet is planned at BAC. However, there are some questions regarding entry fee and payment to host club. Jan Kavadas will contact the meet director to resolve these questions. Attempts are underway to organize a second long course meet hosted by Tacoma Swim Club at the South End pool. Rental of pool space at South End pool for summer long course workouts is still a possibility. Final decision will be made next month.

Membership committee reports 412 members, still about 100 less than last year. Registration fees drop to \$10.00 (\$8.00 for seniors) after the PNA championship meet.

Teamwear reports that cushions are available for \$7.50. More pins have been ordered and will be available in late April. T-shirts still need to be ordered.

Thirty-eight awards were sold for \$57.00 at the last meet. Ribbons will be given at PNA Champs without charge.

A request has been made to have our newsletter sent to each of the 6 B.C. Masters teams. Motion made and passed to do this on a trial basis for 6 months. Complimentary newsletters will continue after the 6 month trial if information on Canadian meets is received regularly for inclusion in the newsletter. Apparently, there is no B.C. newsletter. Hugh Moore will identify the team reps that the newsletter will be mailed to.

Publicity committee has contacted all Seattle and Tacoma TV stations. There is a possibility of some television coverage of champs.

The proposed rules changes to be presented by PNA at USMS Convention were discussed. Proposal to change requirement of 3 watches per lane to 2 was accepted by a 7-3 vote. Proposal was accepted to allow, in the event of a timing failure, a minimum of 2 watch times for any record, but if only 2 watch times are recorded, the slower time must count. Final proposal accepted 7-2 was to eliminate team scoring at national championship meets.

The planned cookbook/workout book will not be printed as few submissions have been received. Those received will be printed in the newsletter, and if enough are eventually obtained, the book will be printed.

Motion was made and passed to establish a Dawn E. Musselman Inspirational Swimmer Award to be presented on an annual basis. Dawn will be the first recipient. It will be a perpetual award with a small plaque to be given to each winner. A similar individual plaque will be given to each Ransom Arthur nominee after passing on the perpetual award. Motion was made and passed for Hugh Moore to spend up to \$150 for purchase of these awards.

Meeting adjourned.

1986-87 MEET BIDS

If you are interested in bidding for a meet during the 1986-87 season and do not receive bid information, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA 98020, (206)775-5814. (Call before 9:00pm). Meet bids will be due by June 10th.

1) The meet bids will be handled as a contract. Groups bidding for meets will be asked to identify items that they will provide at the meet. If they are granted the meet, then the PNA will sign the bid, completing the contract.

2) Teams awarded bids will receive 60 to 80% of the meet revenues (unlike the previous set rate of 75%), depending on whether or not they meet the criteria listed on the contract.

Meet bids will be discussed at the PNA Masters Board meeting, Tuesday, June 24, 1986, 7:00pm at the home of:

Hugh and Jane Moore
29920 2nd Place SW
Federal Way, WA 98001
(206) 941-3100

Representatives of bidding organizations are welcome to attend.

IF YOU WISH TO RECEIVE MEET BID INFORMATION SEND IN THE FOLLOWING FORM:

PLEASE SEND MEET BID INFORMATION TO:

MAIL THIS FORM TO:

NAME _____

Jan Kavadas
217 Alder St. #305
Edmonds, WA 98020

ADDRESS _____

PHONE _____

FROM WETSET READERS

Wetset readers are encouraged to send articles to the Wetset editors. Articles will be reviewed by the editors and published if they are felt to be appropriate, and if space permits. Articles will not be edited. Therefore, the PNA and the Wetset editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wetset editors.

The PNA would like to welcome the following new swimmers who have registered in the past month:

Renee Benoit
Diane Corra
Jonathan Dodson
Bruce Erickson
Shirley Gossman
Gary Graham

Jennifer Graham
Dan M. Guy III
Reynolds Haas
John Horman
Bernie Kingsly
Mary Kingsly

Ronald Koch
Robert Musselman
Thomas Patterson
Larry Rollins
D. Scott Weir
Jay Wood

LOOKING FOR A ROOMMATE AT NATIONALS?

Contact Debbie Kingsley, 301 West "T" #C-15, Tumwater, WA 98501, (206) 754-3987. Debbie will keep a list of people looking for roommates at LC Nationals. She is not reserving rooms. She has just agreed to keep a central list of names to help people find roommates.

FOOD FANTASY DAY
AND MEET THE MASTERS

WHERE: Mt. Hood Comm. Aquatic Ctr.
WHEN: Wednesday, August 20, 1986 - 4-8PM
WHO: All food fanciers and feasters
WHAT: No host food booths featuring metro restaurants serving their favorites and fantasies
WHY: Fund-raiser for college HPERA & plant service

SCHEDULE FOR 1986 LONG COURSE NATIONALS

<u>Aug. 21</u>	<u>Aug. 22</u>	<u>Aug. 23</u>	<u>Aug. 24</u>
200m Backstroke	200m Breaststroke	200m Freestyle	1500m Freestyle
100m Breaststroke	100m Freestyle	50m Breaststroke	
50m Freestyle	50m Backstroke	100m Backstroke	
200m Butterfly	100m Freestyle	50m Butterfly	
200m MEDLEY RELAY	200m I.M.	400m I.M.	
400m Freestyle	200m FREE RELAY	200m M. FREE RELAY	
	200m M. MED. RELAY		

TEAM SCORES

TRY THIS:

Division I

Tacoma Y	1803
Husky	1594
3. Mercer Island	1036
4. Bellevue Eastside	979
5. Totem Lake	704

Division II

1. Cascade	784
2. Tigers	629
3. Olympic Peninsula	601
4. Bellingham Whamsters	451
5. Kitsap	301

Division III

1. Ft. Steilacoom	466
2. Bellevue Athletic	290
3. Fidalgo Islanders	267
4. Sumner Tritons	199
5. Federal Way	174
6. Washington Athletic	168
7. Eastside Eels	117

The following will be a set or two every month that you might like to try in your workouts. Some may be new; some you may recognize. Some may work for you; some may not. If you don't understand, catch me at a meet. .,.....KC

THIS IS A DISTANCE I.M. SET we like to do on my team:

4 X 600 I.M. - 30 seconds rest (or 1 minute rest)
 Do a 50 kick (fly), 50 pull (fly), 50 swim (fly), 50 kick (back), 50 pull (back), 50 swim (back), 50 kick (breast), 50 pull (brst), 50 swim (breast), 50 kick (free), 50 pull (free), 50 swim (free) for a total of 600 yards. You can do it with equipment or without. If using equipment, quickly drop off and pick up what you need and keep going.KC

P O O L M A R A T H O N

The Lake Washington Masters Swim Team Will host a 26.2 mile pool Marathon intended to benefit local King County Food Banks. This is a competitive event and entries will be extremely limited. The pool marathon is scheduled for September 7, 1986 at the Redmond Forward Thrust Pool. This is an extremely demanding event and only serious, well trained swimmers should consider application. Applications may be obtained by sending a self-addressed, stamped envelope to:

POOL MARATHON
 P.O. Box 102
 Carnation, WA 98014

Applications must be received by July 14, 1986. Acceptance notification will be made before August 1, 1986.

SUNSHINE COMMITTEE

Bob Simonds recently had a cheerful birthday party, his 93rd, with sixteen friends. He is somewhat shakey on his pins but gets around with a walker or cane, goes for a walk every day and negotiates the stairs in his two-story condo. He credits Masters Swimming with his survival and would be happy to see or be in touch with any of his PNA friends. His home is the Richmond #102, 1550 NW 195th, phone 542-5971.Jim Penfield

For sunshine contact Jim Penfield thru June 6 - 884-2359

RELAY AND TIME CARD ORDER

NAME.....

CONTACT...Rick Ingraham

ADDRESS.....

5009 Hunt St.
Gig Harbor, WA 98335
206-851-7130

.....

PHONE.....

CHECK PAYABLE TO:
PNA Masters Swimmers

HOW MANY.....BLUE.....AND/OR PINK.....

\$1.50 for 50 cards at meet
\$2.00 for 50 cards by mail

FOR INFORMATION ABOUT IEA AND ORE MEETS

WRITE OR CALL:

Harry Lewis
(509) 747-3421
E. 944 39th Ave.
Spokane, WA 99203

Sandi Rousseau
(503) 642-3679
23995 S.W. Drake Lane
Hillsboro, OR 97123

July 12-13 Tri-Cities (tent.)

Aug. 1-3 LC Reg. CHAMPS, Spokane June 7-8 LC Corvallis

PNA AWARD WINNERS

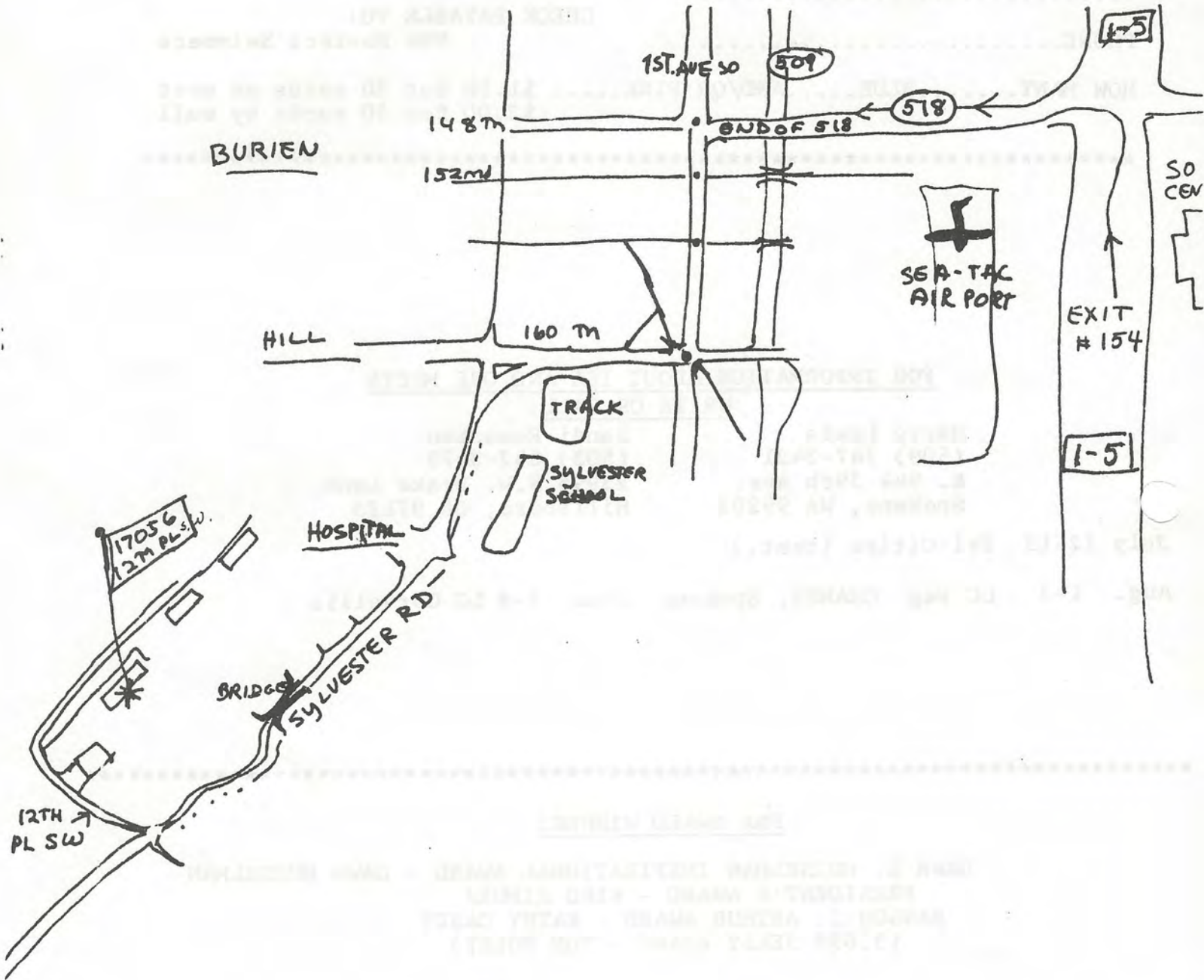
DAWN E. MUSSELMAN INSPIRATIONAL AWARD - DAWN MUSSELMAN
PRESIDENT'S AWARD - KIKO KIMURA
RANSON J. ARTHUR AWARD - KATHY CASEY
(5,699 JELLY BEANS - TOM FOLEY)

Think "LONG COURSE NATIONALS!!"

BABY SHOWER!!

"WELCOME SARAH MOORE" CELEBRATION AND POTLUCK AT CAROLYN BALDWIN'S,
17056 12TH PL. SW, SEATTLE (243-2705), SATURDAY, MAY 31, 6:30PM.
CONTACT LINDA CAZIN (828-4530) OR KATHY CASEY FOR IDEAS IF YOU WANT
TO BRING A GIFT.

PARKING IS LIMITED, CAR POOL IF YOU CAN!



Following is a list of places to swim in the Puget Sound area.
If you have any corrections or additions, please send them to Hugh.

- Auburn**
Auburn, 516 4th NE, Auburn 839-6168
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- Bellevue**
Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
workouts: M-F: 6:45 - 7:45 AM
contact: Kevin O'Shea 746-9900
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 PM
Samena Club, 15231 Lake Hills Blvd., Bellevue 746-1160
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
workouts: M - F; 6:30 - 7:30 AM
contact: John Underbrink 828-6733
Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616
Bellevue, 601 143rd NE, Bellevue 747-4245
lap swim: M-Sat.: noon - 1:30 PM
P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566
- Bremerton**
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
workouts: TU/TH - 6:30 - 7:30 AM
contact: Geoff Pentz 692-3192
lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 -9:00 PM
- Burien**
Evergreen, 606 SW 116th, Burien 246-1610
workouts: T,TH: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM
contact: Laird Chambers or Tom Anderson 246-1610
lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM
Burien Swim Club, 626 SW 154th, Burien 433-7900
- Des Moines**
Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
workouts: M-W: 8-9:30 PM / F: 6-7 PM
contact: Chet Palmer 242-1354
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM
- Enumclaw**
Enumclaw, 420 Semanski S., Enumclaw 825-1188
lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- Federal Way**
Federal Way, Temporarily Closed - Workouts at Mt. Rainier pool
workouts: M-F 6:00 - 7:00 AM
contact: Hugh Moore 941-3100
- Fife**
Fife Community, 5410 20th St. E, Fife 922-POOL
lap swim: M-F; 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM
- Issaquah**
Issaquah, 50 SE Clark, Issaquah 392-1650
workouts: M,W,F: 6:00 - 7:00 AM
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- Kent**
Kent, 25401 104th SE, Kent 854-3260
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
Tahoma, 18230 SE 240th, Kent 432-1948
- Kirkland**
Juanita, 10601 NE 132nd, Kirkland 828-3251
- Mercer Island**
Mercer Island District Pool, 8815 SE 40th 232-7370
workouts: Tu,Th: 11:00 AM - noon
contact: John Underbrink 828-6733
lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM
- North Bend**
Si View, 41600 SE 122nd, North Bend 888-1447
lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM
- Olympia**
The Evergreen State College, Campus Recreation Center, Olympia 866-6000
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM
- Poulsbo**
North Kitsap, 1881 Hostmark, Poulsbo 779-3790
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30
- Redmond**
Redmond, 17535 NE 104th, Redmond 885-3600
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- Renton**
Renton, 16740 128th SE, Renton 226-9230
lap swim: M-F: 11:30 - 12:30
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227
- Seattle**
Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531
workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM
contact: Stacy McInelly 526-3531 - note: Military personnel only
lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30
Ballard, 1471 NW 67th, Seattle 783-7176
Evans, 7201 E. Green Lake Dr. N., Seattle 625-4258
Helene Madison, 13401 Meridian N., Seattle 362-5344
Meadowbrook, 10515 35th NE, Seattle 365-9933
Medgar Evers, 500 23rd, Seattle 324-2560
Queen Anne, 1920 1st W, Seattle 625-2282
Rainier Beach, 8825 Rainier S., Seattle 723-5919
Southwest, 2801 SW Thistle, Seattle 935-6006
Northshore, 9815 NE 188th, Bothell 486-9177
lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM
Shoreline, 19030 1st Ave. NE, Seattle 363-4845
workouts: M-F: 5:30 - 7:00 AM
contact: Robin O'Leary 241-0623
lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30
South Central, 4414 S 144th, Seattle 242-2287
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
YMCA, 909 4th, Seattle 382-5010
YWCA, 1118 5th, Seattle 447-4868
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474
Red Shield, 9050 16th SW, Seattle 767-3150
Seattle Athletic Club, 333 NE 97th, Seattle 522-9400
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM
contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Wedgwood, 7727 28th NE, Seattle 523-8211
- Tacoma**
Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678
workouts: M - Th.; 5:00 - 7:00 PM; Sat. 8 - 10 AM
contact: Kathy Crandell 588-4879
Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622
workouts: M-W-F; 7:30 - 9:00 PM
contact: Mike Stipek 564-9622
Eastside Community Pool, 35th & L, Tacoma 591-2042
lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM