

PNA Registered Teams as of June 13, 2008

Team/Abbreviation/Website	Coach/Team Rep	Pool	Times
Bainbridge Area Masters BAM http://www.bainbridgeaquaticmasters.org/	Lynn Wells 2063716710 swimlynn@usms.org Brian Russell (425) 985-2677 underwater.russell@gmail.com	Bainbridge Aquatic Center High School Rd & Madison Ave 206-842-2302	5:30-6:00 am T/Th 5:30-6:30 am M, W, F Uncoached 9:00-10:00 am M-Th Noon-1:00 pm M-Th, More swims on Website 6:30-8:30 am Sat, May-Sept Open Water Training
Bellevue Aquatic Divas & Dudes BADD www.cityofbellevue.org	Scott W. Armstrong (425) 452-2806 sarmstrong@ci.bellevue.wa.us Michael Koenig (425) 452-6116 mkoenig@bellevuewa.gov	Bellevue Aquatic Center 601 143rd Ave NE Bellevue, WA 98007	12:00-1:00 pm M, W, Th, F
Bellevue Eastside Swim Team Masters BEST //Bestmasters.home.comcast.net	Michael McKinlay 4254179770 mmckinlay@acm.org Michael McKinlay (425) 417-9770 mmckinlay@acm.org	Bellevue Family YMCA 14230 Bel-Red Road Bellevue, WA 98007 4257469900	6:30-7:30 am MWF
Bellingham Masters Swim Club BMSC www.b-m-s-c.org	Lisa Kaufman 360-734-2506 Bob Fish (360) 738-1678 thefish102@comcast.net	Arne Hanna Aquatic Center 1114 Potter St Bellingham, WA 98226 (360) 647-7665	5:30-7:00 am M,T,Th,F 7:00-8:00 pm T,Th
Bremerton Tennis & Athletic Club BTAC	Kate Flikkema (740) 739-0955 Kateflik@yahoo.com Krysta Gomes kdgomes@comcast.net	Bremerton Tennis & Athletic Club 1909 NE John Carlson Rd Bremerton, WA 98311	6:30-8:00 am T, F
Briggs YMCA Masters Swim BYMS www.southsoundymca.org	Melvin H. Smith (360) 970-9466 melcomplnow@msn.com Melvin H. Smith (360) 970-9466 melcomplnow@msn.com	Briggs Community YMCA Olympia, WA 98501-4684 1530 Yelm Highway SE	6:45-8:00 am M, W, F
Columbia Athletic Masters CAC www.columbiaathletic.com	Cynthia Krass 425-313-0123 Cynthia@soundmultisport.com Vincent Cucinelli (425) 313-0123 Vincentc@columbiaathletic.com	Columbia Athletic Clubs - Pine Lake 2930 228th Ave SE Sammamish WA 98075	5:30 - 6:45 am T, Th 7:00 - 8:30 am Sat
Downtown Seattle YMCA DSYM	Leo Espanosa (206) 382-5010 mchamberlin@seattleyymca.org Melissa Chamberlin (206) 382-5010 mchamberlin@seattleyymca.org	Downtown Seattle YMCA 909 4th Ave. Seattle, WA 98104 (206) 328-8374	6:00-7:00 am T, Th
Everett Masters Swimmers EMS	Dale Cary (425) 238-7532 Adam Yanasak (425) 691-0348 ayanasak@hotmail.com	Forest Park Swim Center 802 E Mukilteo Blvd Everett, WA	5:00 -6:00 pm M, W 5:00 - 6:00 pm Th, Occassionally 4:30 - 5:30 pm F
Evergreen Swim Club ESC www.evergreenswimclub.org	Frank Comerford (360) 866-1042 etnaale@scronline.com Evergreen Swim Club Master (360) 867-9103 hannagirl@comcast.net	The Evergreen State College Pool 2700 Evergreen Parkway NW Olympia, WA 98505	5:30 - 7:00 pm M, W, F 8:00 - 10:00 am Sat
Fort Steilacoom FTS	Kathrine J. Casey (253) 588-4879 kathyj.casey@comcast.net Kathrine J. Casey (253) 381-4178 kathyj.casey@comcast.net	Clover Park High School Pool 10901 Gravelly Lake Dr SW Lakewood, WA 98499	6:00-7:15 am M, W, F

Federal Way Masters FWM www.fwmasters.com	Wendy Neely (253) 838-8408 wendymal@mac.com Hugh Moore (253) 759-4956 swimmoore@comcast.net	1. Weyerhaeuser King County Aquatic Center 2. Federal Way Community Center 1. 650 SW Campus Dr Federal Way, WA 98023 2. 876 S. 333rd Street Federal Way, WA 98003 1. (253) 296-4444 2. (253) 835-6900	Weekday morning and afternoon and Saturday morning practices typically offered. Check the website for times and locations.
Fins of San Juans FSJ	Brenda Beckett (360) 370-5572 bb@bbeckett.us Brenda Beckett (360) 370-5572 bb@bbeckett.us	San Juan Island Fitness Cntr. Friday Harbor, WA 98250 (360) 378-4449	6:15 - 7:30 am M, W, F 12:15 - 1:30 PM T, Th
Foothills Aquatics Swim Team FAST	Ann Bettencourt (253) 304-3676 annbettencourt@comcast.net Ann Bettencourt (253) 304-3676 annbettencourt@comcast.net	Enumclaw Aquatic Center 420 Semanski St Enumclaw, WA 98022-2008 (253) 854-9287	contact Ann
Gig Harbor YMCA GHY	Emily Purbaugh (253) 229-4847 epurbi@hotmail.com Doug Pfeffer (253) 514-3714 canuck9@gmail.com	Gig Harbor YMCA 10550 Harbor Hill Dr Gig Harbor, WA 98332	5:00 - 6:00 am T, Th 7:00 - 8:00 am Sat 7:00 - 8:00 pm M, W, F
Gold's Aquatics Masters GAM	Tom Wundelich (425) 418-6016 tomw@goldsgymwa.com Tom Wundelich (425) 418-6016 tomw@goldsgymwa.com	Aquatics Center at Gold's Gym Woodinville 18600 Woodinville Snohomish Rd Ste 100Woodinville, WA 98072	5:00 - 6 am T, TH 12:00- 1:00 pm M,W,F
Gold's Gym Redmond Masters GGRM	Guillermo Romano (425) 941-3795 Caitlyn Chinn (425) 941-3795	Gold's Gym Redmond, WA 98052 7959 178th Pl Redmond, WA 98052	6:00-7:00 pm M - Th
Green Lake Aqua Ducks GLAD www.gladswim.org	David Tourigny 206-719-3695 tourigd@yahoo.com John Sylvester (425) 745-0666 JohnSylvester@seattleprostate.com	1. Evans Pool - Green Lake Comm Center 2. Colman Pool 1. 7201 E Green Lake Dr N Seattle, WA 98115-5301 2. Lincoln Park, West Seattle 1. (206) 684-4961	1. 5:00-6:00 am M-F 7:00-8:30 Sat 2. 6:30-8:00 am Sat 5/24 - 7/5, 7:00-8:30 7/25 - 9/6
Husky Masters HMST http://groups.yahoo.com/group/huskymasters/	Tommy Hannan (206) 685-1536 flyliquid@hotmail.com Kiko VanZandt (206) 524-2417 cvanzan@comcast.net	UW Hec Ed Pavilion Pool UW Campus near stadium	5:30 - 6:30 or 7:00 pm M-F
Issaquah Swim Team Masters IST www.istsockeyes.org	Kyle Johnson 425-392-3996 office@istsockeyes.com Ryan Pachciarz (425) 392-3996 rpachcia@comcast.net	Julius Boehm Pool 50 SE Clark ST Issaquah, WA 98027	5:00-6:30 am M,W,F
Logger Masters LOGS	Robert Moore 206-268-0646 seamoore@comcast.net Robert Moore (206) 268-0646 seamoore@comcast.net	various	various
Lynnwood Sharks LWS	Terence Calhoun & Philip Amdrews (425) 744-6455 tcalhoun@ci.lynnwood.wa.us Terence Calhoun & Philip Andrews (425) 744-6455 tcalhoun@ci.lynnwood.wa.us	Lynnwood Rec. Center 18900 44th Ave W Lynnwood WA 98037	8:15-9:30 pm M,W

Middle Aged Marlins MAMS	Kirby Schufler (360) 653-6630 kirbsch@comcast.net Kirby Schufler (360) 653-6630 kirbsch@comcast.net	Marysville Pilchuck High School 5611 108th St. NE Marysville WA 98271	5:30-7:00 am M, W, F
Mercer Island Redwoods MIR www.mercerwood.com	Stephanie Miller swmcruz@gmail.com Thomas Grandine (425) 391-7833 thomas@grandine.org	Mercerwood Shore Club 4150 E Mercer Way Mercer Island, WA 98040	5:30 - 7:00 am M-F
Monroe YMCA Masters MYM www.ymca-snoco.org/monroe	Kim Knudsen (360) 863-1946 kimberlyknudsen@hotmail.com Kim Knudsen (360) 863-1946 kimberlyknudsen@hotmail.com	Monroe YMCA 14033 Fryelands Blvd Monroe, WA 98272 (360) 805-1879	6:00 - 7:00 am T, Th, F
North End Otters NEO	Robin O'Leary 2065257725 robinoleary@clearwire.net Robin O'Leary (206) 525-7725 robinoleary@clearwire.net	Shoreline Pool 19030 1st Ave NE Shoreline, WA 9155 2063621307	7:00-8:00 am M-F
North Whidbey Masters NWM www.oakharborpool.com/nway/nwm	Neil Romney 360-675-7665 headcoach@oakharborpool.com Sally Dillon (360) 679-5038 salswmr@verizon.net	John Vanderzicht Memorial Pool 85 SE Jerome ST Oak Harbor WA 98277 3606757665	5:30-6:30 am M,T,Th Noon-1:15 pm M,W,F 8:00-10:00 am Sat
Northshore Y's Guys NSYG www.seattleyymca.org	Gary Kamikawa - am Marc Norsen -pm (206) 818-8000 gkamikawa@gmail.com snailfish@comcast.net Gary Kamikawa - am Marc Norsen - pm (206) 818-8000 gkamikawa@gmail.com snailfish@comcast.net	NorthShore YMCA 11811 NE 195th St Bothell, WA 98011 see website for schedule	0
Ohana Swim Team OST www.ohanaswimteam.com	Dan Balderson (253) 209-7693 balderson.d@comcast.net Kris Speir (253) 627-5727 kdspeir@fedins.com	Stadium High School 111 N E St Tacoma, WA 98403 (253) 571-3100	6:30-8:00 pm M-F
Old Olympic Peninsula Swimmers OOPS	Frank Warner (360) 692-1040 frank@frankwarnercpa.com Steve Peterson (360) 692-1040 speterson@bandwagon.net	Naval Base Kitsap-Bangor MWR Pool Ohio St Bangor WA 98315 3605355941	4:30-5:30 pm M-F
Olympic Aquatic Club OAC www.oacswim.org	Marilyn Grindrod (360) 638-1435 coachmarilynG@aol.com Jessica Breitbarth (360) 394-6267 jbreitbarth1@comcast.net	Olympic High School 7070 Stampede Blvd Bremerton, WA 98311	7:00-8:00 pm M, W
Orca Swim Team ORCA www.orcaswimteam.org	Paul Ikeda coaches@orcaswimteam.org Ross Linderman (206) 240-1453 pna@orcaswimteam.org	Seattle University -Connolly Center 14th Ave & Cherry St Seattle, WA	5-6:15 pm Sun 7:30 pm M 7:00 pm W, 7:30 Th 7:00 pm F
Poseidon Aquatic Club PAC	Charlie Norman (360) 754-9031 cgclam@aol.com Charlie Norman (360) 754-9031 cgclam@aol.com	North Thurston HS Pools Lacey	5:30-7:00 am T, Th, F
Phinney Ridge Swim Club PSC	Peter Berner-Hays (206) 706-1184 berner-hays@msn.com Caroline Brown (206) 783-4436 mcleanbrown@comcast.net	1. Ballard Pool 2. Queen Anne Pool 3. Lake Washington	1. 6:00 - 7:00 am T, Th Oct-May 3. June-Oct Lake Washington

Port Townsend Masters PTMS	Ann Bailey (360) 385-6351 johnnann@olympen.com	Mountain View School 1919 Blaine St Pt. Townsend , WA 98368-6329	6:30-8:30 pm M, W
PRO Sports Club PRO	Justin Berry 425-895-6588 jberry@proclub.com David Kays (425) 765-8876 Dkays@microsoft.com	Pro Sports Club Pool 445 148th Ave NE Bellevue, WA 98007 (425) 885-5566	Tues & Thurs 6:30-7:30pm
St. Ed's Master Swimmers SEMS www.nwcenter.org	Wade Praeger (425) 823-6983 Brad Kickert (425) 345-0401 bkickert@yahoo.com	Carole Ann Wald Memorial Pool (St. Edwards State Park 14445 Juanita Dr NE Kenmore, WA 98028	6:00 am - 7:00 am M, W 9:00 am - 10 am Sun
Skagit Valley YMCA SVY	Shannon Singer 619-665-1093 ssinger70@aol.com Shannon Singer (616) 665-1093 ssinger70@aol.com	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon WA 98273 (360) 419-7207	Noon - 1 pm 6:30- 7:30 am T TH 7:00 - 9:00 am Sat
South Sound Titans Masters SSTM www.southsoundtitans.org	Shawn Jones (253) 880-4647 sstheadcoach@comcast.net Shawn Jones (253) 880-4647 sstheadcoach@comcast.net	Sumner High School 1707 Main St Sumner WA 98390 (360) 897-9611	5:45-7:00 am M-F
South Whidbey Island Masters SWIM	Kristi Eager 3603214469 kritt@whidbey.com Kathy Rogers (206) 442-6815 KatherinePRogers@hotmail.com	Island Athletic Club 5522 S Freeland Ave Freeland, WA 98249	5:30-7:00 am M-F
Swim Seattle Redhawk Masters SSRM	Emily Weber 206-877-3167 emily70480@gmail.com Hallie Truswell (425) 422-8041 hallie@iccmo.org	Seattle University -Connolly Center 14th Ave & Cherry St Seattle, WA 98122	6:00 - 7:00 am M - F 7:00 - 8:00 am M, W, F 7:00 - 8 am T, Th Novice Masters
Thunderbird Aquatic Club Masters TACM	Jon Baca jonbaca@msn.com Pinky Walker pinkymwalker@yahoo.com	Fidalgo Pool & Fitness Center 1603 22nd St Anacortes, WA 98221 3602930673	8:00 - 9:15 pm T, Th 8:00 - 9:30 am Saturday Various weekly am workouts
Tigers TIG	Tom Foley (206) 937-5585 lilmot@hotmail.com Tom Foley (206) 937-5585 lilmot@hotmail.com	Various	various
Washington Athletic Club WAC www.wac.net	Jennifer Mesler (206) 464-3086 x3721 jmesler@wac.net	Washington Athletic Club 1325 6th Ave, Seattle, WA 98101	M-Sun 6:30 - 7:30 pm
West Seattle YMCA Dolphins WSYD	Kami Schweiger (951) 237-6105 kmwilly1@juno.com Kami Schweiger (951) 237-6105 kmwilly1@juno.com	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	5:30 - 6:40 am M,W,F 7:15 - 8:15 pm W
Western Washington University Masters Swimming WWUS	Emiko Mar (206) 658-7675 mare@cc.wvu.edu	Wade King Recreation Center 1880 Bill McDonald Pkwy 516 High St Bellingham, WA 98225	7:00 - 9:00 pm T, W 8:00 - 9:00 pm Th When school is in session
Tumwater Valley TVAC	Don Martin 360-866-9299 The Valley Athletic Club (360) 352-3400 danmartin1971@hotmail.com	The Valley Athletic Club Tumwater WA	5:30:00 AM - 7:00 am M, W, F 7:30 - 9:00 am