

## Charlotte Swim Masters *By Jonathan Piscitelli*



*In this picture: the Charlotte Swim Masters morning group*

The Charlotte Swim Masters is a growing team of swimmers of all ages and skill levels. We practice six days a week Monday-Friday from 6am-7:30am (M,W,F Coach: Jonathan Piscitelli T/TH Coach: John Long) and Saturday from 8am-9:30am (Coach: Jonathan Piscitelli). We also offer a lunch practice from 12noon-1pm Monday-Friday (Coach: Heather Hageman).

The focuses are on improving core swimming skills while building strength, speed and endurance. Our coaches take the time to work directly with you, no matter your skill level, to ensure you have the fundamentals and confidence to become a successful lifelong swimmer. (You must be able to swim at least 25 yards without stopping in order to participate in the Masters Program).

Our group also has numerous elite swimmers, from sponsored triathletes to National and World Champions. The Coaches with Charlotte Masters help to create a positive and exciting atmosphere that is bolstered by the camaraderie of all of the members of the team.

If you would like to learn more about the Charlotte Masters, feel free to call the Mecklenburg County Aquatic Center at:(704) 336-3483 or stop by one day and try out a practice for yourself!