

## **East Binghamton University Masters Swimming Program**

**Starting September 30<sup>th</sup>, 2019 a new Masters swimming program will begin at the Binghamton East Middle School. The program will run Monday, Tuesday, Wednesday, Thursday evenings from 6:00 PM to 7:15 PM. Because of scheduling conflicts Saturdays, a Saturday workout will not begin until the end of the Boys high school swimming season. There will be nights there will be no practices because of away or home swim meets. The following are the remaining swim dates for the girls season:**

- Thurs. 10/3 Modified meet**
- Tues. 10/8 Utica**
- Thurs. 10/10 SV**
- Wed. 10/16 UE**
- Tues. 10/22 Corning**
- Tues. 10/29 Oneonta**
- Wed. 11/6 Sectional Trials**

**Some days in the fall locker rooms may be used by visiting teams. Example girl's locker room used by visiting boy's football team. Bathrooms on deck are available for changing.**

**Members will have to join the United States Masters Swimming (USMS) [www.usms.org](http://www.usms.org) , register for the Niagara District and then the BUMS, Binghamton University Masters Swimming. The cost is \$40/**

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