



Swim Workouts for Adults

Masters Swimming Program - Heart of Texas Aquatics Team

What is HEAT Masters swimming?

HEAT Masters swimming is a training program coached by a USA Swimming certified Coach. The program is open to all adults(18+): fitness, triathletes, competitive, or non-competitive. Members participate in a variety of swimming workouts designed to fit your individual ability level and to meet your personal goals. Our workouts are organized and structured with on-deck coaching, and offer well-thought-out training assistance. The program is designed to help swimmers improve fitness and train for specific goals, as well as support a healthy lifestyle through friendship and camaraderie.

Why couldn't I just swim laps on my own?

There's no question that the motivation and instruction a coach provides is a powerful advantage. Research has shown that interval training (approach favored by most coaches) has countless benefits over simple lap swimming so most Masters swimmer prefer structured workouts. Our coach will help motivate you, teach you, provide feedback, and help you get results!

When and where do we swim?

Our head coach leads Masters swimming workouts on Monday, Wednesday and Friday from 5:30 – 7:00 AM in the competition pool at the Waco Family Y. While it may sometimes be hard to get up that early, you will feel like a million bucks when you arrive to work that morning; what a great way to start the day!

What does it cost?

Waco Family Y members can join our Masters Swimming program click on the dues link under NEW Members for information on fees. We are a non-profit group that uses these fees to pay for pool rental, coaching, administrative costs, and other overhead expenses.

What are the health benefits of exercising that hard as I age?

Study after study has proven that regular exercise can significantly contribute to your health. Swimming has continually been identified as the best way to exercise. Stress reduction, weight control, cardiovascular fitness, reduced cholesterol, muscle tone and endurance are all positively influenced by exercise. It may even reduce the body's physical decline with aging. Masters swimmers swear by it.

Camaraderie and great health....I'm convinced, how do I join?

Go online to heatswim.org and complete the swimmer registration form. You can also read about our competitive swim club for children and youth as well. For questions contact our head coach, by calling (254) 495-7909.