

GROWN UP SWIMMING IS COMING TO ARIZONA

Arizona Masters! Grown-Up Swimming is coming to the Phoenix Metro Area in February 2025 because why should the kids have all the fun?

Join us on Saturday afternoons from Feb 22nd through April 5th to swim 25s, 50s, a couple of 100s (Free and IM), and some relays. You remember the glory days growing up swimming in summer league, right? You hang out with your friends, swim a 25 fly, hop out, eat some of those nachos with the gross cheese, and get ice cream at the end of the meet. Grown-Up Swimming lets you relive those days, just with more knee and back pain.

You can join an existing team, form your own, or join unattached. There are no restrictions or costs to create a team. To start a team, all you need to promise is that as a Team Captain you'll pull together relays and coerce your friends into joining. The Grown-Up Overlords do all the administrative work. Swimmers pay a one-time fee for the season, including entry to all the meets.

We score 16 places in each event, broken out by 10-year age groups. We start with 18-29, but the other age groups are broken out by the decade: 30-39, 40-49...80-89, etc. So be sure to recruit with some age diversity in mind! The season ends with a Championship of the World of Phoenix, and a social gathering will come after each meet for proper refueling and rehydrating.

Contact Regional Grown-Up, Doug Adamavich doug@grownupswimming.com, with any questions.

Find a team, form a team, or join our mailing list! www.grownupswimming.com/phoenix

Sample Event Lineup:

Exhibition: Multi-Gen Relay

200 Medley Relay

25 Free

25 Back

25 Breast

25 Fly

100 Free

100 IM

100 Fun Relay

50 Free

50 Back

50 Breast

50 Fly

200 Free Relay

We'll see you at the pool!