

PNA TEAM DIRECTORY

Team Name	Head Coach name	Website and Contact Email	Workout location(s) (pool name, city)	Weekly workout schedule	Coach On Deck or In Water?	Average yards per practice	Monthly cost	Drop-In cost (if available)	Additional info from team
Bellevue Club	Gage Fouse	https://www.bellevueclub.com/move/aquatics/ Jason Arriaga jasona@bellevueclub.com	The Bellevue Club 11200 SE Sixth St., Bellevue	M-F noon-1 pm; Tues/Thurs 5:45-7 am; Sat 7-8:30 am	On Deck	2400m - 3000m	\$90/month; Bellevue Club membership also required	\$18 as a member guest	Enthusiastic group of swimmers, some of whom compete in pool and/or open water. 9-lane, 9' deep, 25-meter competition pool. It is typically 79-80 degrees
Bernardo's All Stars	Diana Hermanson	https://www.bernardosallstars.org/ Bernardosallstars@gmail.com	Tacoma Center YMCA	Monday-Wednesday-Friday 6-7:15am, Monday thru Thursday 6-7:15pm, Saturday 9-10:30am	On Deck/ Some-times in water	3500m	YMCA membership + \$25	N/A	April thru September we have scheduled open water practices in addition to the pool ones.
Blue Wave Aquatics	Wendy Neely	https://www.bluewave-aquatics.com/ wendy@bluewave-aquatics.com	Evergreen Aquatic Center Seattle Federal Way Community Center, King County Aquatic Center	Evergreen M-W 5:30am King County Aquatic Center TThF 5:30 am M-F 9:30am T&W7:30-8:30pm	On Deck	2,500-3,500	Unlimited swims: \$115/mo 8 swims/month: \$80 4 swims/mo: \$56	\$15	Our workouts are creative and create change, and we have a fantastic community of swimmers.
Cascade Masters	Pete Colella	https://www.gomotionapp.com/team/pnscsc/page/masters petecolella@runbox.com	Yost Pool, Edmonds	6:30am and 7:30am M-Thurs 7am Fri & Sat, in the summer we only have 1 am practice at 6:30am M-F & 7 on Sat, but we add an evening practice at 6:30pm M-Th	On Deck/ Some-times in water PM summer practice	Bi Variable between 1500 - 4k	\$120/mo + \$60 annual	\$15	
CG Sports Management	Chris Conroy	cwconroy12@gmail.com	Mary Wayte Pool, Mercer Island	Typically, Mon-Fri 6:30-8:00 am. Saturdays 7:00-8:30 am.	Coach in water only	3,500-4,500 yds	Cost of lap swim	Cost of lap swim - \$7.50	This is a small workout group that is typically composed of just 2-3 swimmers.

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GLAD at View Ridge	David Tourigny	http://www.gladswim.com/view-ridge-tennis--swim-club.html haroldjohanson@comcast.net	View Ridge Swim and Tennis Club, Seattle	Monday through Friday 4:50 to 5:50am	On Deck	we do between 2000 and 4000 yds/hour depending on swimmers speed	\$110 for unlimited swims	\$12/hr and \$15/1.5hr at Colman	We are growing with younger people. Also, we have no team fees other than the swim costs.
Lake Washing-ton Masters	Naima Pai	https://www.gomotionapp.com/team/pnmswam/page/home lwmcoach@waveaquatics.org	Juanita Aquatics Center, Kirkland Starting in March: Redmond Aq Ctr- RAC and Phantom Lake Club-PLC	<u>Sep-Feb</u> M-F 5:15AM - 6:30AM 7:45AM - 9AM 11:45AM - 1PM Sat 10AM - 11:15AM <u>Mar-Aug</u> M-F 5:15am-6:30am RAC 7:45am – 9am PLC 11:45AM - 1PM RAC Sat 9am-10:15am PLC	On Deck	2500 - 4000+	\$130	\$15 per practice or \$150 for 10 practice punch card	
Mercer Island Redwoods	Kieran Schafer	http://redwoods.freehostia.com/ a_s_gold@hotmail.com	Mercerwood Shore Club, Mercer Island	5:30-7 am, Monday thru Friday	On Deck	3600	\$130	\$13	
North End Otters (NEO)	Chris Stoner and Wade Praeger	https://www.neoswimteam.com/general-info neoswimteam@gmail.com	Aqua Club, Kenmore	M-F 8-9 a.m. Sat 7-8 a.m.	On Deck	2400-3300 yds	\$130	\$15	

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ORCA Swim Team	Sarah Putulin	https://orcaswimteam.org/ board@orcaswimteam.org	Redhawk Center at Seattle University, Seattle; Evergreen Community Aquatic Center, White Center,	Sundays 10-11:15am at Evergreen Community Aquatic Center; Mondays 7:30-8:30pm, Wednesdays 7-8am and 8:15-9:15pm, Fridays 6:15-7:15pm, and Saturdays 11am-12pm at the Redhawk Center at Seattle University	On Deck	2500-3000	\$79/month	\$18	We are a social group of members and allies of the LGBTQ+ community. We compete in swim meets throughout the year, including the annual IGLA+ meet and quadrennial Gay Games.
Port Angeles Swim Club	Jason Ridle	https://www.gomotionapp.com/team/wapasc/page/mastrs paswimclub@gmail.com	Shore Aquatic, Port Angeles	Monday- Friday 7:00-8:00pm Fall/Winter 6:15-7:15pm Spring/Summer	On Deck	1700-2100 yds	\$30/month	\$5	
Puget Sound Swim Club - Masters	Jarassaeng Plunkett	https://www.swimpssc.com/page/team-information/adult-masters-program meeditorswimpssc@gmail.com	South Kitsap High School Pool	Monday - Thursday 6-7pm, limited Saturdays 9-10am	On Deck	Varies - 2,000-2,500 yards	\$50 for 2 days, \$75 for 4 days	N/A	
Rockfins	Dayna Rogers	https://www.vashongolfandcountryclub.com/ soundwavescuba@gmail.com	Vashon Golf and Country Club, Vashon , WA	Wednesday 6:am Saturdays 8:30 am	On Deck	1800 - 2200	Drop in Fee - dependent on participation	\$20	Opportunities for Open Water workouts

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Snohomish Aquatic Masters	Tonya Heike	https://www.snohomishaquatic.com/activities-classes/usmasters masters@snohomishaquatic.com	Snohomish Aquatic Center	Practices are 1 hour long. M/W/F 5:30 a.m. T/Th 8:30 a.m. (School year, 8 a.m. during the Summer) T/Th 8 p.m. Saturday practice varies, usually once a month in the morning.	On Deck	2600-3200 +/- OK	\$95 /month OR 10 punch pass \$85.50	\$9.50	Our program is designed for the swimmer who desires a structured workout with people and/or is training for pool meets, open water or triathlon.
South Whidbey Island Masters	Kathy Rogers	https://islandathleticclub.com/programs/masters-swim/ Katherineprogers@hotmail.com	Freeland, Island Athletic Club	M,W,F 5:10-6:30 AM, Tu,Th 6:35-7:35 PM	Coach in water only	3000-3500	Members: \$45, non-member: 10 pass for \$140	\$20	Morning workouts start before the club opens, if you want to join a morning workout email me for details as to how to get in.
Thunderbird Aquatic Club	Jenny Claridge	https://www.gomotionapp.com/team/pntac/page/home jclaridge@fidalgopool.com	Anacortes	Mon/Wed/Fri 5am-6:15am, Tues/Thur/Sat 5:45am-7am	Tues/Thurs/Sat coach on deck	2,500-3,500 meters	\$78-\$90 per month depending on membership type.	\$15	
TWIM-Team Walker International Masters	Kathy Pelham	https://www.twimteam.org/where/index.html holly06@gmail.com	Centralia at Thorbeckes Athletic Club, Sammamish at Pine Lake CAC, Sammamish at Sammamish YMCA	Centralia-MWF 5:30am-6:30am; Sammamish Pine Lake-MWF 6:00am - 7:00 am; Sammamish YMCA T,TH 11:45-12:45	Yes, for the listed locations. We have other locations where no coach is present. See website	will be based on location and swimmer ability	depends on location as facility memberships are required; no additional cost to be part of TWIM	depends on location	We have workout locations throughout Western Washington. Please reach out to barnes.holly06@gmail.com for specific location details

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Whidbey Wahos	Erin Borden	https://nwpprd.org/us-masters erinerborden@gmail.com	North Whidbey Aquatic Center, Oak Harbor, WA	MWF 6-7:30 am, Saturday 8-9:30	On Deck	3-4,000-adjusted for level of swimmer.	Being determined for new year	Typical masters cost	All level of swimmers are welcome
YMCA of Snohomish County Barracudas	Cat Homan	https://www.gomotionapp.com/team/ymca-6835/page/masters choman@ymca-snoco.org	Everett YMCA Everett	Tuesday and Thursday 7:30-8:30pm Saturdays 7:30-8:30am	On Deck	2,000-6,000 yards	\$70 for Y members/\$100 for non-Y members	Drop in \$10	