

## Why swim with Masters?

- Train with others who enjoy swimming
- Train with a qualified coach
- Improve your fitness and stamina
- Improve your swimming skills
- Join in the Endurance 1000 swim programme
- Have fun at a variety of social functions
- Participate in Masters Swimming competitions in pools and in open water
- Participate locally, interstate and overseas
- Make new friends



## What does a club provide?

- Training programmes
- Stroke correction
- A chance to learn new strokes
- Competitions
- Aerobic/Endurance swim sessions
- Social activities
- Newsletters/reports

*“Fitness, Friendship and Fun”*



[www.tuggmastersswim.org](http://www.tuggmastersswim.org)

Leisa Cass  
0402 253841  
Cecelia Kaye  
02 6282 0206



**Water Dragons**

[www.molonglowaterdragons.org.au](http://www.molonglowaterdragons.org.au)

Margaret Hadfield  
0418 237 766 / 02 6282 3886  
Alan Ford  
02 6232 6883



[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)

02 8116 9716



[www.mastersswimming.org.au](http://www.mastersswimming.org.au)

03 9682 5666



# Masters Swimming in the ACT 2016

- Do you like to swim?
- Do you like to have fun?
- Are you 18 or over?
- Would you like to be fitter?
- Would you like to improve your swimming?

Masters Swimming caters for swimmers of ALL standards

## Club session times

Masters Swimming clubs swim at the following venues in the Canberra-Queanbeyan region.

### Tuggeranong Masters Swimming ACT

All sessions at Lakeside Leisure Centre, Tuggeranong Pool

Tue	Endurance Swims	10:30 - 12:00
Tue	Training	20:00 - 21:00
Thu	Training	09:15 - 10:15
Thu	Training	20:00 - 21:00
Sat	Endurance Swims	10:30 - 12:30
Sun	Training	17:00 - 18:30

### Molonglo Water Dragons

Sessions at Civic, Queanbeyan, CISAC and AIS Pools

Mon	Training (Civic)	19:00 - 20:00
Tue	Endurance Swims (CISAC)	09:30
Wed	Training (Civic)	19:00 - 20:00
Wed	Training (Queanbeyan)	19:00 - 20:00
Thu	Endurance Swims (AIS)	08:15
Fri	Training (Gunghalin)	19:30 - 20:30
Sun	Training (Queanbeyan)	17:00 - 18:00

## Costs

- Membership of a Masters Swimming club costs approximately \$100 per calendar year. There is no joining fee.
- Masters Swimming participants pay their pool entry (which is discounted as a Masters club member), plus coaching and lane-hire fees of approximately \$4 per session.

### Masters Swimming Voucher

This voucher entitles the bearer to 3 free swims with Masters Swimming at any Canberra venue over a one calendar month period.

(Minimum age 18, excludes pool entry, not available to current or previous Masters Swimming members, other conditions apply)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Last Updated Jan 2016

## Competitions & Programmes

- Newcomers are always welcome – see voucher in this pamphlet.
- Masters Swimming runs a national aerobic swim programme called Endurance 1000, which involves a series of long swims (400m +) during the course of the year.
- Masters Swimming runs competitions ranging from local ACT interclub events to national and international events.
- Throughout NSW and the ACT there are competitions held approximately every fortnight.
- A lot of club members do not compete, or take part in the aerobic/endurance swim programme - they swim with the clubs for fitness, friendship and fun.
- If you compete, you compete in 5-year age groups (18-24, 25-29, 30-34, 35-39, ....95-99) and each race is against those who swim at a similar pace to yourself.
- Competitions are very friendly and a great deal of fun. There are medals and certificates to be won. The greatest thrill can be gained by participating and improving your own times.
- Log the metres you swim and achieve a Million Metres award.



*“Fitness, Friendship and Fun”*