

# Club Sessions

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

**NOTE: Training sessions/times do sometimes change so check club websites for current information.**

## **Tuggeranong Vikings**

Sessions at Lakeside Leisure Centre, Tuggeranong, except Fri unofficial session location variable.



**Tue Endurance 09:30- 11:30**  
**Tue Training 19:15 - 20:15**  
**Thu Training 09:30 - 10:30**  
**Thu Training 19:15 - 20:15**  
**Fri Training (Uncoached) 07:15 - 08:30**  
**Sat Endurance 09:30 - 11:30**  
**Sun Training 16:30 - 18:00**

## **Molonglo Water Dragons**

Sessions at Civic, Queanbeyan, CISAC, Gunghalin and AIS.



**Mon Training (Civic) 19:00 - 20:00**  
**Tue Endurance (CISAC) 10:00**  
**Wed Training (Civic) 18:45 - 19:45**  
**Wed Training (Queanbeyan) 18:45 - 19:45**  
**Thu Endurance (AIS) 10:00**  
**Fri Training (Gunghalin) - currently suspended**  
**Sun Training (Queanbeyan) 16:45- 17:45**

## **Woden Sharks**

Sessions at Stromlo Leisure Centre.

**NOTE: Training fees/pool entry is \$81 (3 sessions p/w) fortnightly YMCA subscription.**



**Tue Training 06:00 - 07:30**  
**Thu Training 06:00 - 07:30**  
**Sat Training 09:30 - 11:00**

# Let's Talk



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

Greg Courley 0418 445194  
aussivikings@gmail.com



## **Water Dragons**

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

David Dedenczuk 6295 6065 / 0417 222 154  
Mary Liz Partridge 0413 425 753  
Margaret Hadfield 0418 237 766



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

Marcus Stokes  
contact@wodenswimclub.org.au



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

02 8736 1232



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

03 9682 5666

# Masters Swimming in the ACT

**Become a better swimmer!**

**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.**

**"Fitness, Friendship & Fun"**

# Programs

## Endurance 1000



A national aerobic swim program run by Masters Swimming, which involves a series of long swims (400m +) during the course of the year.

## Million Metres



Log the metres you swim and achieve a Vorgee Million Metres award for

One Million, Two Million ... Three Million  
... Ten Million metres swum!

## Competitions

Masters Swimming runs competitions ranging from local ACT Interclub events to State, National and International events.

Swimmers compete in 5-year age groups (18-24, 25-29, 30-34, 35-39, ....95-99) and each race is against swimmers of a similar pace.

Competitions are very friendly and huge fun... A chance to meet swimmers from all over Australia and even the World! There are medals and certificates to be won, but often the greatest achievement is from participating and improving personal best times.



Many club members do not compete, or take part in the endurance swim program - they swim with the clubs for ....

**Tackle all aspects of your swimming technique and fitness with a qualified coach and like-minded swimmers.**

## FREE TRIAL 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:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

# Benefits

## Training Program

- Train with a qualified coach
- Train with a squad/group
- Programs to improve fitness, stamina, endurance & speed
- Endurance 1000 Program/Time Trials

## Stroke Improvement Skills

- Stroke correction from a qualified coach
- Technique tips & workshops
- Learn new strokes

## Competition/Racing

- Participate in Masters Swimming competitions in pools
- Participate in open water events
- Participate locally, interstate & overseas

## Social

- End of month drinks
- Christmas function
- Variety of events throughout the year
- Make new friends

# Costs

## Annual Club Membership

Membership of a Masters Swimming club costs approximately \$140 per calendar year. There is no joining fee.

## Pool Entry & Sessions

Masters Swimming participants pay their pool entry (which is discounted as a Masters club member), plus coaching and lane-hire fees of approximately \$5 per session for Tuggeranong Vikings and Molonglo Water Dragons. Woden Sharks is fortnightly subscription to YMCA.

**"Fitness, Friendship & Fun"**