

Club Sessions

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

Tuggeranong Vikings

Sessions at Lakeside Leisure Centre, Tuggeranong

Tue Endurance 10:30 - 12:00

Tue Training 19:15 - 20:15

Thu Training 09:15 - 10:15

Thu Training 19:15 - 20:15

Fri Distance/Pace (Unofficial) 07:15 - 08:30

Sat Endurance 10:00 - 12:00

Sun Training 17:00 - 18:30

Molonglo Water Dragons

Sessions at Civic, Queanbeyan, CISAC, Gunghalin and AIS

Mon Training (Civic) 19:00 - 20:00

Tue Endurance (CISAC) 09:30

Wed Training (Civic) 19:00 - 20:00

Wed Training (Queanbeyan) 18:45 - 19:45

Thu Endurance (AIS) 08:15

Fri Training (Gunghalin) 19:00 - 20:00

Sun Training (Queanbeyan) 16:45 - 17:45

Ginninderra Marlins

Sessions at CISAC

(Some are 1 or 2 lanes for Masters within the Junior squads but separate coach)

Mon/Tue Training (with Jnrs) 06:30 - 07:30

Wed Training (Adults only) 06:30 - 07:30

Tue/Thu Training (Adults only) 18:30 - 19:30

Thu/Fri Training (with Jnrs) 06:30 - 07:30

Sat Training (with Jnrs) 08:00 - 09:00

Let's Talk



www.tuggmastersswim.org

Greg Gourley 0418 445194

Cecelia Kaye 6282 0206

Molonglo



Water Dragons

www.molonglowaterdragons.org.au

David Dedenczuk 6295 6065 / 0417 222 154

Mary Liz Partridge 6262 4425 / 0413 425 753

Margaret Hadfield 0418 237 766



www.ginninderra.swimming.org.au

Jenny Price

memberships@ginninderramarlins.org.au



www.mastersswimmingnsw.org.au

02 8736 1232



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 \$120 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 \$4 per session.

"Fitness, Friendship & Fun"