



Mission Statement

Masters Swimming Australia is an Australia-wide network of adult swimming clubs affiliated with Masters Swimming International. Masters Swimming Australia's aim is to promote swimming and fitness in those 18 years of age and over. Their motto is "*Fitness, Friendship and Fun*".

Tuggeranong Masters Swimming ACT Inc. was formed in 1986 as the second club within the ACT Branch. At the end of 2006, the ACT Branch was disbanded and our club joined the NSW Branch in 2007. Tuggeranong Masters Swimming ACT currently consists of around 65-70 members, who swim for a variety of reasons. The club has structured a program of training sessions and schedules to assist members in improving their personal swimming ability and physical fitness.

The club performs well at State and National meets and has been exceptionally successful in the National Aerobics Trophy (now the Endurance program), over recent years. During the summer months, many members compete very successfully at open water events in the ACT and NSW. However, a large proportion of members swim for non-competitive reasons, enjoying the social atmosphere, and simply working towards personal fitness goals and general well being.

Our Club aims to provide a fun and social environment that encourages our members to swim regularly in order to promote fitness and good health, as well as providing support for self improvement and encouragement for those who wish to compete in the pool and in open water events.