

“Fitness, Friendship and Fun”

Why swim with Masters?

- Train with others who enjoy swimming
- Train with a qualified coach
- Improve your fitness and stamina
- Improve your swimming skills
- Learn new strokes
- Join in the Endurance 1000 swim program
- Participate in Masters Swimming competitions in pools and in open water
- Participate locally, interstate and overseas
- Make new friends
- Be part of a supportive team
- Keeps you motivated



Coffs Harbour Masters Swimming Inc

For More Information
www.coffsmasters.com.au
www.facebook.com/CoffsMastersSwimming

Leanne Da Costa 0429 995 595



www.mastersswimmingnsw.org.au



Swim All Year Round 18 Years or Over

- Do you like to swim?
- Do you like to have fun?
- Would you like to be fitter?
- Would you like to improve your swimming?

Swimming is an ideal activity for people of all ages and abilities. When swimming your body is supported by water so that there is no excessive stress on any one set of muscles or joints.

**Masters Swimming caters for swimmers
of ALL standards**

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Coffs Harbour Aquatic Centre

Training Session Times

Day	Time
Monday	12:15pm—1:15pm (form stroke) 6:15pm—7:15pm
Tuesday	12:00pm—1:00pm
Wednesday	6:15pm—7:15pm
Thursday	12:00pm—1:00pm

Club Swim Times

Day	Time
Saturday	3:00pm—4:30pm

Masters Swimming Voucher

This voucher entitles the bearer to 3 swims with Coffs Harbour Masters Swimming at our club swims on Saturdays over a 4 week period, for the cost of pool entry. (Minimum age 18, excludes pool entry, not available to current Masters Swimming Members)

Name:

Phone:

Email:

Date of first Swim:

Membership *

- The membership year is from 1 January to 31 December
- Members must be financial to eligible to enter swim meets and participate in Masters programs.
- We offer 3 types of membership
 - ◇ \$43. New Member—4 Month (1 Sept to 31 Dec)
 - ◇ \$90 Standard— 12 Month
 - ◇ \$108 Special—16 Month (1 Sept to 31 Dec of next year)

To Join Masters go to the following website and select “New Members”.

www.mastersswimmingnsw.org.au/About-Us/Membership

Club Swims *

- Cost of pool entry—Coffs Aquatic Centre
 - ◇ \$5 or \$4.50 Student/Concession
 - ◇ \$90—20 pass
 - ◇ \$80—20 pass Student/Concession
- \$2 paid to our club.

Training Sessions * (includes pool entry)

- \$8.00 Casual
- \$72—10 squad pass
- \$140—20 squad pass

* Prices valid as at 12 November 2016 but may get updated by Coffs Harbour Aquatic Centre, Masters Swimming Australia or Masters Swimming NSW.

Competitions & Programs

- Newcomers are always welcome
- Masters Swimming runs a national aerobic swim program called Endurance 1000, which involves a series of long swims (400m to 60 minutes) during the course of the year
- Masters Swimming runs competitions ranging from local interclub events to State, National and International Championships
- Throughout NSW there are competitions held approximately every fortnight.
- Not all swimmers wish to compete
- If you do compete, you compete in 5-year age groups (18-24, 25-29, 30-34.... 95-99..)
- Competitions are very friendly and a great deal of fun. There are medals and certificates to be won and points for your club. The greatest thrill can be gained from participating and improving your own times.
- Log the metres you swim and achieve a Million Metres award.

