

# STADIUM MASTERS SWIMMING CLUB

## What is Masters Swimming?

Masters Swimming is a worldwide organisation of adult swimming clubs whose members swim together to keep fit and have fun.

Membership is open to swimmers of all abilities aged 18 years and over. There is no upper age limit.

## Masters Swimming WA Motto

Fitness, Friendship and Fun!

Adults of any age or ability are encouraged to swim regularly to improve fitness and general health.

## BENEFITS OF REGULAR SWIMMING

It is well documented that regular swimming is beneficial to participants of all ages. It is a non-weight bearing exercise that does not put a strain on joints. Swimming works every muscle in the body and increases aerobic fitness.

Recent research shows that regular swimming can slow the ageing process by decades, not just years.

Other benefits include weight management and a decreased resting heart rate.

Swimming is an economical sport that requires little up-front cost. A pair of bathers, goggles and a towel, and you are ready to start.

## WHAT DO MASTERS SWIMMERS DO?

A variety of swimming options is possible at Stadium Masters. Here are some examples:

### Endurance 1000 Award Swims

This is a series of swims over set distances, timed and graded according to age. Members who participate earn points for the Club & this contributes to a points tally for aerobic swims at State & National levels.

Our Club also gives its own Endurance awards.

#### ENDURANCE SWIM TIMES:

|          |                |
|----------|----------------|
| Thursday | 9.30 – 10.30am |
| Friday   | 12.30 – 1.30pm |

### Open Water Swims

During the summer many open water swims are organised by Masters Swimming WA clubs. These include both ocean and river swims over varying distances, are usually held early in the morning and are often followed by a breakfast.

### Inter-club carnivals

Carnivals are held throughout the year at metropolitan and country clubs. Competition is friendly and the swim meets are usually followed by a lunch. Members of all abilities take part in swimming events & also help with time-keeping.

### State/National Swim Competitions

These are organised by State or National Masters Swimming branches. Swimmers of all abilities and ages are encouraged to enter. Masters swimmers also have many opportunities to compete at interstate and overseas Masters Swimming Championships.



## COACHING

Our accredited coaches prepare and run regular training sessions to suit the needs of swimmers. The programs include skill development, stroke correction, general fitness and specific training for events. The Club hires several lanes to cater for different abilities.

## OTHER CLUB ACTIVITIES

Stadium Masters members not only enjoy a balanced swimming program & extensive swimming events but can participate in the Club's social activities, providing additional fun for our members!





## SWIM TIMES

We swim in dedicated, uncrowded lanes at HBF Stadium

### TRAINING TIMES:

|           |                 |
|-----------|-----------------|
| Tuesday   | 6:45 – 8:00 pm  |
| Wednesday | 9:15 – 10:30 am |
| Friday    | 1:15 – 2:30 pm  |
| Sunday    | 9:15 – 10:30 am |

Other sessions are arranged depending on upcoming events, such as ocean swims.

## MEMBERSHIP FEES

Members pay an annual membership fee, due on 31<sup>st</sup> December for the following year. Current fees are listed on the website.

A proportion of the fee is allocated to insurance cover for members attending any Masters Swimming WA sanctioned and organised events.

Members pay a pool entry fee at HBF Stadium to attend club training sessions and Masters Swimming WA events.

Multiple-swim passes are available from HBF Stadium.

## How do I join?

If you are 18 years of age or older and enjoy swimming for fun, fitness and friendship, then contact:

### Stadium Masters Club Contacts:

#### Club Captain

Pamela 0420 286 792

#### Email

[stadium.masters@gmail.com](mailto:stadium.masters@gmail.com)

#### Website

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

#### Postal Address

c/- The Secretary  
11 Penryn Avenue, City Beach,  
WA 6015

Or visit the club at any of its meeting times  
at HBF Stadium, Mt Claremont



To find out more about the State association:

Masters Swimming WA

#### Website

<http://www.mswa.asn.au>

#### Email

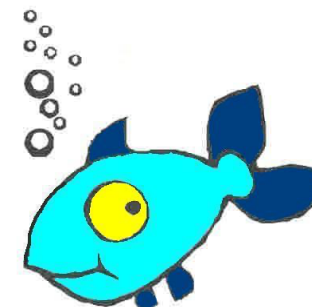
[communications@mswa.asn.au](mailto:communications@mswa.asn.au)

Mar 2022

VENUES WEST

## STADIUM MASTERS SWIMMING CLUB INC

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



*ADULT SWIMMING  
FOR FITNESS  
FRIENDSHIP  
& FUN*

