

Special Offer

Interested swimmers can swim for free at three practices prior to joining.

Make your way to the Equipment Desk fifteen minutes before the workout. Tell the desk staff you are here for "Masters Swimming" and they will buzz you in to the lockers. (Bring your own lock.) Once you have changed, meet us out on the pool deck. Look for our coach, he's easy to spot!

Important, please read

Swimmers with health problems or those not accustomed to vigorous exercise should consult their physician before beginning an exercise program.

A Statement of Activity form that outlines the club's activities is available on the club web site at www.midcanmasters.ca

Questions?

What equipment do I need?

Goggles and a swim suit, any style, are all you need to come out for a trial swim. Once you join the club you will need to purchase your own flippers. You can use the facility's paddles, pull buoys and boards.

How well do I need to swim?

You should be able to swim 25 meters non-stop. Workouts are made up of four basic strokes: freestyle (front crawl), backstroke, breaststroke and butterfly. You should be able to freestyle and backstroke to some degree.

I swam competitively; will I get a good workout?

Yes, you will get a great workout! Fast lanes swim based on time and distance. A typical workout in a fast lane would be 3500 to 4000 meters.

Does the club do anything other than swim?

There are a number of informal activities throughout the year ranging from cycling to cross-country skiing to Saturday brunch.

Where do I park?

Parking is free at the University during our workout times. Just be careful not to park in the 24-hour reserved spots. Lot U always has lots of space available and is just a short walk to the pool.



**Get Serious,
Get Swimming!**

www.midcanmasters.ca

Mid-Can Masters is a swim club for beginner, recreational and former competitive swimmers. Adults of all ages and swimming abilities are welcome.

Masters Swimming is a program approved by Swimming Canada to promote physical fitness, fun and better health.

Mid-Can Masters promotes fellowship and friendship for its participants. The club also organizes a variety of social events.

Coaching



Our coach, Pal Temesvari is a fully certified NCCP III coach and is the only Manitoba swim coach enrolled in the National Coaches Institute's NCCP level 4 – 5.

Pal personally designs the workout so that there are variations with respect to distance as well strokes. He is happy to help members improve their swimming technique during practice

The Workout

You can swim up to three times per week. Swimmers are grouped in the six-lane, 25-meter pool according to their speed and ability. Our coach creates a challenging workout to improve each swimmer's stroke and fitness. Workouts vary at each practice. Stroke correction drills are part of each workout.

Optional Swim Meets

Several low-key masters swim meets are held throughout each year. Goal setting maintains swimming interest and helps improve our personal bests. Official times are recognized and grouped for men and women by age category.



Times & Locations

Tuesday 8:30 - 10:00 p.m.
 Thursday 8:30 - 10:00 p.m.
 Saturday 8:00 - 9:30 a.m.

Joyce Fromson Swimming Pool,
 Frank Kennedy Building,
 University of Manitoba

Membership Fees (2011 – 2012)

The swim year runs from September to August. You may join any time as fees are prorated.

Annual Fee

	Adult	Student
3 swims/week	\$575	\$465
2 swims/week	\$535	\$410
1 swim/week	\$350	\$285

* Fees Subject to Change *