

Greyfish Masters Swimming Program



Masters swimming is a fitness program that develops your power and endurance as an adult swimmer. Three times a week we swim structured workouts designed to fit an individual's goals and ability. Instruction and training in any of the four competitive strokes is offered (freestyle, backstroke, butterfly, breaststroke). The program is available to anyone over 18 years old with a keen desire to improve their swimming skills and fitness level. This is not a learn-to-swim program, and new participants should be able to swim two lengths of the 25-metre pool. Prospective swimmers are welcome to try out for a week at no charge.

To improve, one should plan on swimming at least two or three times a week. In addition to the three scheduled practices, swimmers in the Masters program have access to the fitness room. Greyfish swim workouts take place Mondays and Wednesdays from 5:30-7:00 p.m. and Saturdays from 7:15-8:50 a.m.

For those with the competitive itch, Masters swim meets are run by other aquatic centres throughout the year. At these meets, events are seeded by time, and results are divided into five-year age groups. The Greyfish Masters program is an excellent way to prepare for such Masters competitions and for triathlons.

There is also plenty of scope for the more social swimmer. Greyfish Masters enjoy several social events throughout the year — monthly dinners, barbecues and breakfast after the Saturday morning swim.

The yearly membership fee is for 11 months of swimming due to the fact that we are closed for maintenance for the month of September. This means your membership will be renewable in one year's time from date of purchase. There are, of course, options for shorter terms of membership as well.

2011–2012 Greyfish Fee Schedule

	1 Year	6 Months	3 Months
In Town	\$388 + 50.44 HST	\$261 + 33.93 HST	\$164 + 21.32 HST
Out of Town	\$525 + 68.25 HST	\$349 + 45.37 HST	\$222 + 28.86 HST

The registration process is slightly different this year: All membership fees will be due during our week of program registration – September 19 to September 24, 2011.

Please make every effort to register within the time frame of that week!

To learn more about the workout structure, call the Greyfish Swim Coach, Eric Thomson, at 832-2866.