



### Contact details:

#### Maida Vale Masters Swimming Inc.

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**Coaches: Lesley Hart** 0419 961 729

**Website:** <http://maidavalemastersswimming.com>

**Facebook:** <https://www.facebook.com/MaidaValeMastersSwimming>

#### Masters Swimming WA (State Branch)

Beatty Park Leisure Centre, 220 Vincent St,  
North Perth....WA....6006

**Phone:** 9328 9469

**Email:** [info@mastersswimmingwa.asn.au](mailto:info@mastersswimmingwa.asn.au)

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

#### Aqua Tots Swimming Pool (Maida Vale)

221 Gooseberry Hill Rd

Maida Vale....WA...6057

**Phone:** 9454 5440

Welcome to Maida Vale Masters Swimming. We hope this will be the start of a new and satisfying activity for you.

Here are a few guidelines to assist newcomers to the Maida Vale Masters Swimming Club. Ask any Club member if you have more questions.

#### What is Masters Swimming?

Masters Swimming is a swimming organisation for people 18 years of age and over, that provides an opportunity for adult swimmers to meet on a regular basis to promote fitness and fun. Masters Swimming can cater for the more competitive swimmers through interclub, State and National swim meets, but the aim is for people to enjoy their swimming.

#### CLUB TIMES:

Monday	Club Night & Training	6:00pm–8:30pm – Maida Vale Pool
Tuesday	Supervised Training	6:00pm–7:30pm – Maida Vale Pool
Wednesday	Supervised Training	6:30pm–7:30pm – Maida Vale Pool
Saturday – As arranged	Aerobics	2:45pm–5:00pm – Darling Range Sports College

#### CLUB MEETINGS – Monday evenings:

The Club meets on Monday evenings starting at 6.00pm at the **Maida Vale Aquatic Centre** at the corner of Kalamunda and Gooseberry Hill Road. Between 6:00pm – 7:30pm members have the choice of either joining in the training session, under the supervision of the Club Coach, completing an aerobic swim or doing individual casual swimming. At 7.30pm, Club news is announced by the President followed by more swimming activities that may include sprint races, more long distance aerobic swimming or fun activities. Club night usually finishes around 8.30pm. Maida Vale Masters hires the pool complex for the evening and the pool is not available to members of the public.

**Note:** There is no club night on a Monday Public Holiday.

#### PROCEDURE FOR CLUB NIGHT:

Pay your pool entry at the counter and indicate if you wish to do the sprint races. A program of swim events is available however, if you feel you are unable to swim the distance set, e.g. 200m, you are welcome to nominate a lesser distance. The whistle blows at 7.45pm so take advantage of the time before this time to participate in the supervised training, the long distance aerobic swims or casual warm up swimming.

During the time trials, the Chief Timekeeper of the night will advise your heat and lane number. You then assemble behind the starting blocks ready for the start of the race. Timekeeping is a good way to involve yourself in the running of the evening and affords an opportunity to meet other members. Please feel free to pick up a stopwatch.

#### TRAINING NIGHTS

These are a great opportunities to build up fitness and stamina, improve times & receive stroke correction & advice on swimming techniques. A variety of training programs are

available to suit everyone; so don't think training is just for the elite. Qualified coaches are available & supervise all training sessions however, in the event a coach is not available, training programs are available on the Notice Board and swimmers are invited to use these programs and organise the training lanes according to the number and ability of members participating.

#### **Monday (Supervised)**

Monday training is included as part of the Club Night and commences at 6.00pm and finish by 7.30pm to allow for announcements and timed sprints to be run afterwards.

#### **Tuesday (Supervised)**

Tuesday training commences at 6.00pm at **Maida Vale Aquatic Centre** during Public Swimming time and finishes by 7.30pm.

#### **Wednesday (Supervised)**

Wednesday training commences at 6.00pm at **Maida Vale Aquatic Centre** during Public Swimming time and finishes by 7.30pm.

#### **AEROBIC SWIMS – Saturday afternoon – As advised**

Aerobic swimming involves a series of long distance swims (400 metres and greater). We record times, and points are awarded for the State Aerobic Trophy. Sessions held on Saturday afternoons when advised, from 2.00pm till 4.00pm at **Darling Range Sports College, Berkshire Rd, Forrestfield**. There is the opportunity to do aerobic swimming on Monday club nights; however restrictions do apply to the Monday program.

#### **CLUB FEES**

The club's fee schedule:

12mth	01/01/19 > 31/12/19	\$ 104.00
16mth	01/09/18 > 31/12/19	\$125.00 (No Longer Available)
4mth	01/09/18 > 31/12/18	\$ 53.00 (No Longer Available)

The fee includes compulsory insurance, affiliation to the State and National bodies so that you can swim with any Masters Swimming affiliated club in Australia or Masters Club in the world. We invite newcomers to attend for *four sessions* before joining, however we request membership be paid to the Club *after the fourth session*. When you decide to join the club, collect a registration slip (available on the Notice Board or the website) for details of payment options. Complete the form and return it to the Secretary/Registrar. Payment of the registration fee is made via the Masters Swimming WA website – Member Portal as per the instructions contained in the Registration Form.

<b>Pool entry</b>	\$5.00	Monday club nights
	\$5.00	Tues & Wednesday Training nights (Adults).
	\$5.00	Aerobic Swimming - Saturday afternoon as announced

#### **INTERCLUB (LiveLighter Club Challenges), STATE & NATIONAL EVENTS**

Interclub swims are hosted by Masters Clubs who invite other clubs to participate in a competition run along similar lines to the time trials on Monday nights. All events are seeded by nominated times and results are recorded as per the Masters age group determined by your age as at the 31<sup>st</sup> of December. Maida Vale hosts interclub events and there are also State & National Swims which occur once a year, where all Masters Clubs and members can compete if they choose. Interclub, State & National swims are also good social events and offer a chance to meet other Masters swimmers

#### **CLUB NEWSLETTER**

Maida Vale publishes a monthly newsletter which is emailed to members and also available on our website. The Publicity Officer welcomes any contributions from members who have interesting tales to tell.

#### **DOLPHIN DOTS – EMAIL Alert**

A weekly or more frequent email, aptly named "Dolphin Dots" in recognition of the club's symbol (a Dolphin), is sent to all club members advising them of up coming events – both swimming or social, of rules changes, club alerts, important information etc. etc

#### **CLUB CLOTHING**

Members are able to support the Club image by obtaining Club bathers and other items. These identify you as a member of Maida Vale Masters when attending interclub swims and more importantly they lend an air of distinction to the Club.

#### **LAKE LESCHENAULTIA OPEN WATER SWIM (OWS)**

In November each year the Club conducts a 400m, 800m, 1600m & a 3200m OWS at Lake Leschenaultia in Chidlow and swimmers from many clubs and organisations compete. We obtain corporate sponsorship, and competitors can receive a specially designed t-shirt as part of their entry fee.

There is an OWS series (WOW Community Swims) which includes many events conducted in the ocean, in rivers, in canals, lakes etc during the summer months. Swimmers can participate in these events on an individual basis and again, results are recorded as per the Masters age groups.

#### **CLUB FUNCTIONS & SOCIAL EVENTS:**

Masters Swimming is not just about swimming, its' also about friendship & fun and that is evident at the many social functions offered by the club. The 1<sup>st</sup> Monday of each month is Stubby Stakes & a social at the pool, the last Tuesday of each month is "Re-Hydration Night" at either the Kalamunda Hotel or The Best Drop and in between, there are lots of fun nights, Xmas in July, casserole nights, Xmas party, weekends away, bush walks, bike hikes etc.

#### **OTHER MASTERS SWIMMING CLUBS**

There are many Masters Swimming clubs in the metro area, in the country, and throughout Australia as well as many Masters clubs located around the world. If you are going on holidays at any time and would like to meet other swimmers, see the Secretary for contact addresses.

Being Active is great for your health. Remember - you don't have to take exercise seriously, just regularly. In fitness, fun and friendship.

**Happy Swimming**  
**January, 2019**

