



WELCOME TO MASTERS SWIMMING!

The Cape Town Masters Swimming Club promotes
FITNESS, FUN & FRIENDSHIP through swimming.

- **GALAS** are held regularly, please phone the contact number for details and pre-entry form - visitors are most welcome. Whilst there is a strong competitive side to Masters Swimming, social swimmers of all abilities also participate at galas. Age categories are from 19 - 24 yrs, 25 - 29, etc up to 90 - 94+ yrs. All distances and strokes are catered for, and events for children are included.
- **SOCIALS** - After galas swimmers and their families are invited to a bring-and-braai or a get-together at a restaurant.
- **NEWSLETTERS** - The club will stay in touch with regular newsletters to keep you updated on its activities. The results from the galas are included in the newsletters.
- **PROVINCIAL, NATIONAL AND WORLD CHAMPS** - Cape Town Masters Swimming Club members are affiliated to Western Province Masters Swimming, South African Masters Swimming and Swimming South Africa, thus enabling members to participate in the Provincial, National and World Masters Swimming Championships. A wonderful spirit of camaraderie exists at these events and the Provincial and National Champs form an important part of the Masters Calendar for both the very competitive as well as the social/ fitness swimmer.
- **NATIONAL COLOURS** are awarded to swimmers who achieve a standard at least equal to the 10th best time in the world as published by the world body FINA.
- **TRAINING** - Individual swimmers train in municipal pools or in sports clubs on their own or in squads under the guidance of a coach; find out if there is group training near you.
- **OPEN WATER SWIMMING** - Members are kept informed of events in the club newsletter and are encouraged to participate.
- **CLUB FEES** - The club fees for the season 2011—2012 is **R360.00**