

Masters Swimming Queensland

BENEFITS:

- Low impact exercise.
- Overall aerobic fitness.
- Overall mental and physical wellbeing.
- Meet new people and make new friends.
- Train with others.
- Technique and Stroke correction for all levels.
- Option of competing in interclub swim meets.
- Option of competing in State/National/International Swimming Championships.
- Opportunities to become a coach and/or technical official.

CLUBS:

- Join one of 38 clubs throughout Queensland
- Join the Branch club, *The Barbarians*, formed to cater for people who live too far from an existing club or who do not wish to join a club, except 'remotely'.
- Check with a Junior Swimming Queensland club to see if they have a Masters' Swimming section. If not, consider forming one yourself.
- Create a new club with four (4) additional members.

TRY BEFORE YOU BUY:

- Swim and/or train with a club for four (4) weeks and if you like it, register as a member.
- Swim at a swim meet as a guest swimmer. Our swim meets are a lot of fun, whether you're competitive or not. You are entitled to one (1) guest swim before you consider joining our organisation.

PROGRAMS:

- Check the event's calendar for a list of all our swim meets
- Swim in a club *Endurance 1000* program
- Participate in the *Lane Warriors* program
- Clock up your distances swum, in the *Million Metre* program
- Be part of the *MSX* program and become a *Platinum, Gold, Silver* or *Bronze* level swimmer and be eligible for great awards and the major prize
- Be part of a club involved in the *Participation & Improvement* programs and be eligible for some great