



Wolfville Tritons Masters Swim Club

Who:

This group will train individuals 18 years of age and older for recreation and/or competitive Masters swimming. The program will focus on improving strokes, speed and endurance. This will be valuable for recreational and competitive swimmers, and for those training for the swimming portion of triathlons. The program will not include any discipline other than swim specific training, nor does it include Learn to Swim or those who struggle to swim more than 50m. Members of this group that excel can go on to compete at the Canadian Masters Nationals.

Where:

The Wolfville Tritons Swim Club is pleased to offer these sessions to be run out of the Acadia Athletics Complex.

What:

This group offers lane training that is geared toward keeping swimmers moving and offering swim instruction at the same time. We will attempt to assign lanes in order to provide the most appropriate training for people of varying abilities.

For insurance purposes, all members of this group must be registered with Swim Nova Scotia. Membership in Swim NS will allow you to compete under the WTSC banner at sanctioned Masters meets.

When:

At this time we are assessing interest to make sure that a Masters swim program is viable. The current plan is to swim 6:30-7:30 AM Tues & Thurs, and 7:30-8:30 PM Mon & Wed. These times will likely change in March when varsity swimming ends for the season.

Why:

Swimming is the number one sport in the world for fitness, enabling athletes to recover from injury or stress, and for fun. Swimming is a lifelong activity and we hope to provide a place where mature swimmers can train in a friendly, positive and instructional environment. The Tritons are a close knit swim team, and to this end, we expect to have everyone in team caps and shirts so that you are recognizable on deck and at competitions. We will also develop a section on our web site for group activities and socials. We look forward to meeting all of you and hope that your experience will be a fun and productive one.

Cost:

Cost will be partly determined by the number of swimmers who participate. We anticipate a cost of approximately \$60-\$80 per month for each swimmer. SNS requires a single yearly payment of \$40 for registration. Cost does not include meet fees. Meet fees will need to be paid by individuals who wish to enter competitions.

What else:

If interested, please contact the Wolfville Tritons registrar (Danielle Grimbergen - WTSC Registrar registrar@tritons.ca). For more information, please contact Head Coach Moira Milward wtsc.coach@gmail.com Medical waiver will be required.