

Masters swimming at Seagulls Swimming Club is for adults aged over 18 years (generally) and encompasses the whole range of ability from casual fitness swimming to highly organised competitive swimming. Therefore, to be a Masters swimmer you don't have to be a past champion or even plan to be a future one.

More & more people are looking for ways to keep fit and to socialise as we become more health conscious, and the Masters swimming scene can tick all the boxes.

Swimming within the Seagulls Swimming Club Masters section is a friendly affair. Masters' membership covers a wide range of abilities from the casual swimmer to the more competitive swimmer of all ages. Most of our Masters members have joined because they either swum in the past, or were swimming at local public sessions. If you are interested in swimming; to improve your general fitness, stamina or technique, as a means of relaxation, or just to swim in a more motivational session or social group, then our club is probably what you are looking for.

Our Coach provides a tailored training program and oversees the swimming in each lane and the lanes are generally organised by ability, so even if you haven't swum for years, there will be a level to suit you.

For those who are interested in competing, Seagulls Swimming Club attends competitions in the local area and has individuals who compete further afield. Masters competitions are usually relaxed, fun and friendly affairs which rarely have a qualifying standard. Heats usually take place based on ability and not age, therefore, no matter what standard you have reached, you should only be racing against people of a similar ability. However, there is no requirement for swimmers to compete at all.

### Squad Entrance Criteria

- Ability to complete a swimming session for 60 minutes mix of drills and swim sets
- To have knowledge and be able to swim all 4 swimming strokes
- To be able to swim 200 - 400m without stopping
- Knowledge of lane etiquette

### Commitment

- Attending sessions with a good positive attitude and ready to work hard but have fun along the way with peers
- Following seagulls 'Club Values'

### Equipment Required

| Pool Equipment              |
|-----------------------------|
| Water Bottle, Hat & goggles |
| Kickboard                   |
| Pull buoy                   |
| , Short Fins                |

### Timetable

| Mon AM               | Tues AM | Wed AM            | Thurs AM            | Fri AM            | Sat AM | Sun AM |
|----------------------|---------|-------------------|---------------------|-------------------|--------|--------|
|                      |         | Swim<br>5:30-6:30 |                     | Swim<br>5:30-6:30 |        |        |
| Mon PM               | Tues PM | Wed PM            | Thurs PM            | Fri PM            | Sat PM | Sun PM |
| Swim<br>20:00- 21:00 |         |                   | Swim<br>20:00-21:00 |                   |        |        |

|                                         |                                   |
|-----------------------------------------|-----------------------------------|
| Yellow = Two Rivers Meet Leisure Centre | Green = New Milton Leisure Centre |
|-----------------------------------------|-----------------------------------|

### Competitions Throughout the Season

#### Individual Performances All ages

- Club Championships (Typically Sept – Dec).
- Bournemouth Pier to Pier (Typically June - July)
- Dorset County Masters (Typically June)
- British Swimming Master National Championships (Typically July & November)
- Various Master Meets (All year round)

#### Team or Inter-Club Gala's

- Dorset Masters Inter County Championships (October to November)