



## Welcomes Swimmers

Ages 18 to 100+

# MASTERS SWIMMING

Now Affiliated with  
**SJFSC-TIDE**

## Benefits of Swimming

- Ongoing Coaching Support—Motivation...
- Overall General Fitness—Well Being...Lifts your Spirit!
- Competition Option—Swim Meets...
- Swim Canada (SNC) Officials—Levels 1 to 4
- Triathlon Support—Increase Distance & Stamina...
- Technical Workouts—Stroke Improvement with use of underwater camera system...
- Conditioning Workouts—Shape Up...
- Excellent for Arthritis—Non Impact Aerobic Exercise...is easy on your joints...
- Discounts available - multi family members!
- Lots of Positives to SWIMMING!

## Club Socials

Great Opportunity to Step Up & Enjoy the

Company of Great People!

Nothing Great was ever Achieved without Enthusiasm.

**R.W. Emerson**

# Practice Times

**...Contact Today to Secure Your Spot...**

## AM Long Course (LC)

Mondays, Wednesdays & Fridays

AM Session 1 — 6am to 7am

AM Session 2— 7am to 8am

## AM Short Course (SC)

Tuesdays & Thursdays

AM Session 1 — 6am to 7am

AM Session 2— 7am to 8am

## PM Short Course (SC)

Mondays & Wednesdays

PM Session - 8pm to 9pm

## RESOURCES:

- **Christina L Randell—Master's Coach**  
-NCCP Certified Technical & Competition Coach  
-Registered with NCCP, CSCTA & SNC  
-7 Years Competitive Experience
- **Brian Woods—SJFSC-TIDE Head Coach**
- **Gary & Sal Losier—SNC Officials**

*The Pessimist sees the difficulty in every Opportunity;*

*An Optimist sees the Opportunity in every Difficulty!*

**Winston Churchill**

# Registration Details

**February 6th to June 29th 2012...  
20 Weeks**

## Option 1

2 Practices per week \$ 240

## Option 2

3 Practices per week \$ 300

## Option 3

4 Practices per week \$ 420

## Option 4

5 to 7 Practices per week \$ 570

## Option 5

8 to 10 Practices per week \$ 825

*Masters Swimming Canada Fee (SNC):*

- All Canadian Master Meets — \$25
- Open Masters (ie. Eastern's & Senior Nats) - \$ 130

## Contact Information

**Christina L Randell :** [randell@nbnet.nb.ca](mailto:randell@nbnet.nb.ca)

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President 506-847-9635

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