

## Celebrating Achievements



## Club Contacts

### Website

<http://www.surreyparkseahorses.org.au>

### Facebook

<https://www.facebook.com/surreyparkseahorses/about>

### Email

[info@surreyparkseahorses.org.au](mailto:info@surreyparkseahorses.org.au)

Call in to the pool for a chat or email—you are



### Boroondara Leisure Centre

Tuesday 7.15-8.30 pm  
Saturday 9.15-10.30 am

### Box Hill Aqualink

Thursday 7.15-8.30 pm  
Sunday 9.00-11.00 am

## Surrey Park Seahorses Masters Swimming Club

Fitness,  
Friendship  
and Fun



Prospective members have the opportunity to attend **4 free coached training sessions** during one month.



Boroondara Leisure Centre

*Our Club is affiliated with State, National and International Masters swimming organisations*



Coffee and a chat afterwards

## Who Are We

Our members **enjoy swimming** for fitness and personal skill development, and many compete in open water and swimming pool events.

It's not just about the swimming though, there are also **regular social events** including dinners, post training meals, Sunday coffee and breakfast after swimming as well as weekends away.

Masters Swimming in Australia is available to any swimmer (over the age of 18 years of age) and our members range in age from early 20s to early 80s.

New members are expected to swim 200m Freestyle comfortably .

## Training Sessions

Coached sessions are held on Tuesday from **7.15pm to 8.30pm** in the outdoor heated 50m pool at **Boroondara Leisure Centre, Balwyn**. Cost is \$15 per session and includes pool entry. Tell the reception staff you are with the Masters group.

Thursday evening sessions are from **7.15pm to 8.30pm**, in the outdoor heated 25m pool at **Box Hill Aqualink**. Cost is \$10 per session and does not include pool entry.

**Most nights there are less than 6 swimmers per club lane.**

Training usually consists of a warm up followed by a main set then a short cool down. Total distance for the session can range from 1km to 3km depending on your ability and speed.

Members are not required to attend every organised session and are only charged on attendance.

Discounted yearly membership with Aqualink Box Hill (includes Aqualink Nunawading) is a bonus for joining Surrey Park Masters Seahorses.



## Competitions

Many members compete in intra-club, State, National and International Masters swim events. Open water racing is also very popular with our club members.

Others choose not to compete at all and use the Club's programs for personal fitness and of course coffee afterwards!

