

# Masters Swimming In British Columbia

For Further Information :  
Check out our web site at  
[www.msabc.ca](http://www.msabc.ca)

Fun

Fitness

Friendship

Participation

## Masters Swimming: A Lifestyle



### What is Masters swimming ?

Masters swimming is a *lifestyle* that provides planned, progressive fitness and skill development for adults.

If you are between the ages of 18 and 120, Masters swimming has something for you:

- A structured swimming program
- Four stroke instruction and correction
- Low impact exercise in a group setting
- Progressive fitness development
- A proven stress reliever
- An opportunity to make new friends
- A better quality of life!

### How does it differ from other adult swim programs?

This is a lifelong program with regularly structured workouts based on sound principles of exercise physiology and skill development.

### Who can join?

Anyone 18 years of age and older...who has basic swimming ability and can comfortably swim a few lengths of the pool.

### What are the objectives?

*Fun, Fitness, Friendship & Participation!*

Those individuals who find it difficult to stick to a personally imposed keep-fit routine will find it easier to take part in a program such as this.

### Are there competitive opportunities?

Participation in meets is an exciting option, but not a requirement for membership. You may swim in workouts just to keep in shape. You measure your progress by the increased distances you swim, the time you take, the fewer rest periods you need, and your general feeling of well-being after a workout. For those who are interested, there are invitational meets, provincial and national championships and numerous international events. Competition is based on age groups, starting at age 18-24, and subsequent five year age groups with no upper limit.

### What are the benefits of membership?

All registered swimmers become members of the Masters Swimming Association of BC and Masters Swimming Canada, receiving regular electronic newsletters from both MSABC. Membership includes Insurance, access to Fitness and Stroke Development Clinics, eligibility for competition and access to a variety of resources: Masters-specific training and coaching, a Meet Management Guide, Stroke Videos, Rule Books, Records, etc.

### How do I join?

To answer your questions and put you in touch with the nearest club, please contact the Registrar by email at [registrar@msabc.ca](mailto:registrar@msabc.ca)