



Masters Swimming at City of Coventry Swimming Club
(This info sheet applies to people joining after 1st October 2012)

Coventry Masters: A year round swim fitness program for anyone aged 17/18 yrs+

Training facility: Access to 50m long course (Coventry Sports Centre) & 25m short course facilities (University of Warwick & Lyng Hall School).

Training emphasis: Aerobic conditioning and technique improvement. Swimmers with a broad range of abilities from fitness swimmers to National & International standard can train with Coventry Masters. If you have any swimming experience (past or present) this program has a spot for you.

Sessions – please see details of six options available for Masters swimmers:

| | Option | Sessions available | Training fees | Yearly Membership |
|--|---------------------------|---------------------------------------|--------------------|--|
| Competitive Masters (17yrs +) | *Masters 1 | Any 1 session from list below | £18.00/month | £34.00 plus £30.70 ASA fees (payable if not a member of another affiliated club) |
| | *Masters 2 | Any 2+ sessions from list below | £37.50/month | |
| | *Masters 3 – members only | None | None | |
| Non Competitive Masters/swim for fitness (18yrs +) | Masters 4 | Any 1 session at CSC | £18.00/month | £34.00 plus £13.10 ASA fees |
| | Masters 5 | Any 2+ sessions at CSC | £37.50/month | |
| Technique Improvement | Masters 6 | Weds session at Lyng Hall School only | £4.00 each session | |

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|------------|--------------|------------------------------|-----|-----------------------|
| Tuesday: | 5.30-7.30am | Coventry Sports Centre (CSC) | 50m | Coach: Allison Stoney |
| | 8.30-9.45pm | Coventry Sports Centre (CSC) | 50m | Coach: Allison Stoney |
| Wednesday: | 6.15-7.30pm | University of Warwick (WU) | 25m | Coach: Allison Stoney |
| | 7.00-8.00pm | Lyng Hall School (LH) | 18m | Coach: Frank Stoney |
| Thursday: | 9.00-10.00pm | Coventry Sports Centre (CSC) | 25m | Coach: Allison Stoney |
| Friday: | 5.30-7.30am | Coventry Sports Centre (CSC) | 50m | Coach: Allison Stoney |
| | 6.00-7.30pm | University of Warwick (WU) | 25m | Coach: Allison Stoney |
| Sunday: | 6.00-7.30pm | Coventry Sports Centre (CSC) | 50m | Coach: Allison Stoney |

Swimming in meets is not required but is encouraged since competition provides added motivation in Training, feedback on your progress and time to socialise with your teammates. Meets help make all those laps worthwhile!!!

*Please note to be in Masters 1-3, commitment to compete for COCSC in Midland & National Masters competitions is essential.

The first two sessions you attend will be a trial, after this you will need to join the club and become a member for insurance purposes. All trials are held during the sessions at Coventry Sports Centre only. Please contact Allison Stoney (email address below) to arrange a date/time for your trial.

All monthly fees are paid by standing order and payable Feb-Dec inclusive, details will be given on joining the club.

All Masters are required to join the Club (for insurance purposes) and become a member of the ASA (Governing Body) Membership & ASA forms will be supplied to you at your first session. There is a reduced Club membership fee if joining part way through the calendar year. The ASA do not charge fees for people joining after 31st October for the remainder of that year.

For more information please contact Allison Stoney at allison.stoney@coventry-swimming.org.uk or Jo Deakins (Club Programme Manager) at joanne.deakins@coventry-swimming.org.uk