



Masters Swimming at City of Coventry Swimming Club

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

Training facility: Access to 23.5m & 50m long course at the Alan Higgs Centre & 25m short course facilities at Caludon Castle 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.

	Option	Sessions available	Training fees	Yearly Membership
Competitive Masters (17yrs +)	Masters 1	1 session from list below	£33.00/month	£40.00 plus £35.75 Swim England fees (Category 2)
	Masters 2	2 sessions from list below	£48.00/month	
	Masters 3	3+ sessions from list below	£72.00/month	
Non Competitive Masters/swim for fitness (18yrs +)	Masters 1	1 session from list below	£33.00/month	£40.00 plus £17.20 Swim England fees (Category 1)
	Masters 2	2 sessions from list below	£48.00/month	
	Masters 3	3+ sessions from list below	£72.00/month	

Masters

Sunday	5.00-7.00pm	Alan Higgs Centre (23.5m end)
Monday	5.00am-7.00am	Alan Higgs Centre (50m)
Tuesday	5.00am-7.00am	Alan Higgs Centre (50m)
Thursday	6.30-8.30pm	Caludon Castle School (25m)
Friday	5.00-7.00am	Alan Higgs Centre (50m)

*Please note for the morning sessions all master swimmers need to be in the building by 4.50am due to the doors being locked after this time due to security of the building. Entry is gained by the side entrance (under the furthest wooden canopy), not by the main front doors.

Swimming in meets 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, commitment to compete for COCSC in Midland & National Masters competitions is essential at this level.

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. All monthly fees are paid by direct debit and payable all year round, details will be given on joining the club. All Masters are required to join the Club and become a member of Swim England (Governing Body - for insurance purposes) if not already paid the Swim England fees to another registered swimming club. Membership & medical forms will be supplied to you by email when you join.

There is a reduced Club membership fee if joining after 1st July. The Membership will be taken by direct debit as soon as it has been setup for the monthly fees, the payment will be taken 3-5 days from when the direct debit has been activated.

For more information please contact Sam Fairchild sam.fairchild@coventry-swimming.org.uk

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