

# Mornington Peninsula Masters Swimming Club



## ADULT SWIMMING SQUAD CLASSES FOR ALL LEVELS OF SWIMMERS

WITH AN EMPHASIS ON

## FITNESS, FRIENDSHIP AND FUN

Different programs are offered each session by our qualified and experienced Masters Swimming coaches and may include:

Stroke correction  
Endurance work  
Sprint work  
All strokes

Catering to swimmers who want to improve their technique and/or fitness including:

- Triathletes
- Pool swimmers
- Surf Lifesavers
- Open Water Swimmers
- Masters swimmers from other clubs

### Session locations and times

#### Yawa Aquatic Centre (Rosebud)

Mondays: 7pm–8:30pm  
Tuesdays: 8:00 am–9:30am (coffee and chat at Elements Eatery afterwards)  
Thursdays: 7pm–8:30pm  
Saturdays: 10:30am–12:00noon (coffee at Elements Eatery afterwards)

#### Pelican Park Recreation Centre (Hastings)

Wednesdays: 6am–7:30am (coffee and chat at Pelikan Societe afterwards)  
Fridays: 9:30am–11:00am (coffee at Pelikan Societe afterwards)

\*The price for any coached session at any of the pools is: \$5 per session (\$4 concession) after the first month. After that, you will need to join Masters Swimming Australia as a MPMSC Seadragons member and you are also required to be a member of Yawa/PPRC to swim in our coached sessions. This is part of the club's agreement with Belgravia Leisure and the Mornington Peninsula Shire for the use of the pools.

First  
month of  
coaching is  
**FREE\***

The club is affiliated with Masters Swimming Victoria, and is a not-for-profit club.

For further information contact our Club Coach:

Rob Wilson 0491 739 856

club.coach@mpmastersswimming.com.au



Additional information can also be found at:

[mpmastersswimming.com.au](http://mpmastersswimming.com.au)

[mastersswimmingvic.org.au](http://mastersswimmingvic.org.au)

