



SEADRAGONS

The Mornington Peninsula Masters Swimming Club was formed in 2020 and offers a comprehensive swimming and coaching program at 3 pools on the Mornington Peninsula. In addition there is an open water swimming program available at McCrae.



Yawa Aquatic Centre
Cnr Besgrove Street & Boneo Road
Rosebud



Pelican Park
2 Marine Parade
Hastings



Crib Point Outdoor Pool
31 Governors Road
Crib Point

Come along. The first session is free and you have 4 weeks to decide whether you would like to join the Mornington Peninsula Masters Swimming Club.

For further information contact:

info@mpmastersswimming.com.au

Coaching enquiries: Rob Wilson 0491 739 856

or visit:



<https://mpmastersswimming.com.au>



<https://www.instagram.com/mpmastersswimming>



<https://www.facebook.com/mpmastersswimming>



PO BOX 248, McCrae 3938



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FITNESS • FRIENDSHIP • FUN

Masters Swimming Australia

MSA is an organisation for adult swimmers and adult swimming clubs around Australia with 7 Branches and over 300 Clubs Australia wide. Masters Swimming club coaches are accredited by MSA who also offers programs including:

- National Swim Series.
- The Vorgee Endurance 1000 program
- The Vorgee Million Metre Awards

Masters Swimming Victoria

In 2023 there were 39 Masters Swimming clubs across Victoria, and they account for over a thousand members! With ages ranging from 18- 90+, MSV welcomes new members of all abilities. Each club organises their own coaching and swimming programs as well as many inter-club events.

Mornington Peninsula Masters Swimming Club

MPMSC provides six coached sessions a week. The sessions are designed for those who may wish to compete at Masters meets and in open water swims as well as those who are wanting to join us for fitness, fun and friendship.

Each session is conducted by our qualified Masters Swim Coaches. Members are also offered bimonthly skill workshops and videoing. Sessions are for 1.5 hours.

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Programs provided by the coaches will include: warmup, drills, speedwork, endurance and cool down. All programs are adjusted to cater for various levels of fitness and skill and offer extra assistance with stroke technique.

MPMSC members can also participate in open water activities that include informal Sunday morning swims at McCrae (Oct-April) as well as competition events.

Who can join?

Membership is open to people who are 18 years or are older. An individual who has attained the age of 18 can join a Masters Club to train and compete in club, branch and national Masters events. You can travel the world as an Australian Masters swimmer and train with any Masters Club. We recommend you do some research about the Club(s) before you travel and introduce yourself and check on their latest training information.

Membership

To join the Mornington Peninsula Masters, depending on the time of year, there are 16 month, 12 month, 6 month and 4 month memberships available.

For the current fees, please check our website at <https://mpmastersswimming.com.au/join/>

To join as a new member go to the Masters Swimming Australia website at <https://mastersswimming.org.au/about/membership/>



With coaching and training sessions you can improve your technique and fitness

And after the swim there's often an opportunity to enjoy a coffee and chat



The 2023 MSV Coach Of The Year Award winner is our own Head Coach Donna Gadsby