Media Release
Wednesday 25th May 2011

MASTERS CLUB SWIMMING INTO CITY OF BAYSWATER

It is just about winter and many of the New Year resolutions to get fit have once again been broken. Research shows that training in a group increases motivation levels and enhances the results achieved. Masters Swimming Clubs are located at most metropolitan aquatic centres in Western Australia and the members are proof of the benefits of belonging to a Club.

Masters Swimming Clubs are open to anyone aged eighteen and above who can swim a few laps. A recent survey of current Masters Swimming members shows that the ability to get fit in a friendly environment and the social aspects are the best parts of belonging to their club.

Currently there isn’t a Masters Club at your local pool so Masters Swimming WA, in conjunction with the City of Bayswater and Bayswater Waves, is running an information session at the centre on Monday 13th of June. The aim of the session is to determine the demand for a Masters Swimming Club at Bayswater Waves.

“Swimming is great exercise. It is low impact but can have big results, with both mental and physical benefits. I encourage anyone who can swim a few laps, no matter what age, size or fitness level to attend the Information Session and meet fellow swimmers living in the City of Bayswater and learn about what being a member of a Masters Club involves”, Wendy Holtom, Masters Swimming WA Executive Officer.

The Information Session will be held on Monday 13th of June at 6.15pm at Bayswater Waves (Cnr Broun Ave & Priestly Street, Embleton). Anyone interested in attending the session is asked to RSVP by Wednesday 8th June to Wendy Holtom on 9387 4400 or wendy@mswa.asn.au.

Media Enquiries
Wendy Holtom - Executive Officer
Masters Swimming WA
P: 9387 4400
M: 0417 941 251
E: wendy@mswa.asn.au

www.mswa.asn.au