

**Member of:**

Masters Swimming Canada



[www.mymisc.ca](http://www.mymisc.ca)

Swim Ontario Masters



[www.mastersswimmingontario.ca](http://www.mastersswimmingontario.ca)

**If you fit one of these descriptions,  
you should come to check us out...**

- You like to swim a lot of lengths and never plan to race.
- You like to swim a lot of lengths and have racing goals.
- You are between the ages of 18-99 years.
- You don't think you are good enough to join a swim club.
- You want to meet great people.
- You are nervous, but think you might like an organized swim program.
- You want to learn butterfly (or a flip turn).
- You are a former competitive swimmer.
- You need to cross train for another sport.
- You are a triathlete and want some training partners

**Swimming for everyBODY**

For more information,  
Please email

[brantfordaquaticclub@yahoo.ca](mailto:brantfordaquaticclub@yahoo.ca)



**BRANTFORD  
MASTERS SWIMMING**

*"Committed to personal  
achievement"*



## Training Schedule:

We provide members of all abilities with an opportunity to swim for fitness, recreation and competition in a supportive and social environment that includes structured, professional and attentive coaching.

There are 5 workouts offered each week:

- Monday morning: 5:30-7:00 am
- Wednesday morning: 5:30-7:00am
- Wednesday night: 8:00-9:00 pm
- Friday morning: 5:30-7:00 am
- Sunday morning: 8:30-10:00 am

This program runs from September to mid-July at the Wayne Gretzky Sports Centre. Wednesday night runs through May 31<sup>st</sup>.

Schedule is subject to change for holidays, swim meets, and summer pool schedules.

## Coaches:

Paul Armstong  
Armstrongpaularmstrong306@gmail.com  
Mike Livings  
Mchael\_livings@hotmail.com

## Need some motivation, or just a training group?



## Tired of swimming on your own?



## BRANTFORD MASTERS SWIMMING

Wayne Gretzky Sports Centre  
254 North Park Street  
Brantford, ON N3R 4L1  
Phone: 519-752-5051

[www.brantfordaquaticclub.ca](http://www.brantfordaquaticclub.ca)

## Cost:

The fees cover coaching staff and pool rental at the Wayne Gretzky Sports Centre from September until mid-July. The first cheque includes an annual fee that is paid to Swim Ontario Masters. This fee is an insurance policy for workouts, as well as a registration number if you are interested in competing in any masters meets.

## Payment Options:

- \$650 from September to mid-July
- 3 installments of \$235 payable September 1, 2018, January 1, 2019 and April 1, 2019
- Punchcard - \$100 for 10 workouts

All swimmers must include the Swim Ontario Masters fee with the first payment.

You may register at any time throughout the year.