

## Club Contacts

For membership enquiries, please contact the Registrar, or any of these people for general enquiries.

**President:**

Mal Winder

**Secretary:**

Greg Chaplin 0403 963 468

**Coach:**

Gary Koster

**Registrar:**

Susan Kempson

**Website:**

<http://www.caseyseals.com.au>

**Email:**

[info@caseyseals.com.au](mailto:info@caseyseals.com.au)

**Post:**

PO Box 2302  
Fountain Gate VIC 3805

## Training Times:

**Monday 7:00pm to 8:30pm**

**Wednesday 7:00pm to 8:30pm**

## Venue:

Casey ARC (Aquatic and Recreation Centre), next to the Fountain Gate Shopping Centre on Overland Drive, Narre Warren.

It has been shown that few people have enough drive to exercise regularly by themselves.

Casey Seals provides the environment where people can meet, swim together, get encouragement from others and receive coaching from a fully qualified swimming coach.

Swimming is the best exercise. But it's even better with company.

Come & try a session with the Casey Seals. You'll have a great time and get fit as well.



# CASEY SEALS

Masters Swimming Club



Casey Seals Masters Swimming Club Inc. P.O. Box 2302 Fountain Gate Vic 3805  
ABN. 24 548 628 695

Email: [info@caseyseals.com.au](mailto:info@caseyseals.com.au)  
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## Why is swimming so good?

Swimming is one of the best types of exercise:

- puts less stress on your body because it's supported by the water
- improves aerobic fitness
- lowers blood pressure
- increases heart & lung capacity
- improves muscle tone and general physical appearance.

Feeling better physically makes you feel better mentally. You feel fit, healthy, alert and ready to take on anything that life throws at you.



## Who are the Casey Seals?

Casey Seals is a swimming club for adults. We aim to provide an environment which makes swimming both enjoyable and beneficial and to provide an opportunity for those wanting to compete.

Our members have a wide range of abilities and training requirements, including swimming just for fun & fitness, social swimmers, triathletes and competitors in pool and open-water races.

## Why join a club?

Few people have the drive to keep themselves going without some form of encouragement.

Even the most committed athlete will find a bit extra in an enjoyable environment with a group of others who have similar goals.

## What's Masters Swimming

Masters Swimming Australia ("MSA") was formed in 1976 as AUSSI Masters, with the motto of swimming for "Fitness, Friendship & Fun".

MSA provides a central national organisation with state branches to promote swimming for adults, from a local level through to national.

Casey Seals is registered with the Victorian branch, Masters Swimming Victoria ("MSV").

There are regular local interclub competitions, which are an excellent way to check how you're progressing and are a lot of fun.

The state championships are a bit more formal, but no less fun. There are also national and international competitions.



Competitions are not as intimidating as you might think. You swim in heats of about the same ability and the times are then grouped into 5-year ages for men and women.

## Training Sessions

We train on Monday and Wednesday nights from 7pm to 8:30pm at the deep end of the Casey ARC pool in Narre Warren.

The training fee per session is \$5.00.

Note that this excludes your pool entry costs and is payable directly to the club on pool deck, not at pool entry.

We also have discounted 5 and 10 swim cards available.

## Membership

You can join online through the Member Portal on the MSV website, or fill out a membership form (available on the club website).

The fee for the 2012 calendar year is \$82, which includes registration with MSV. There is also a reduced fee available from 1 Sept each year.

## Your Next Step

Come along to one of our training sessions.

Have a chat to the coach or any of the swimmers. If you would like to swim, you'll need to bring bathers, towel, goggles and a drink bottle. Swim fins are also often used.

Alternatively, call one of the club contacts and we'll tell you a bit more about us. The club website also has a lot of useful information.