

Swim better  
Get fit  
Feel Good  
Have fun  
New friends  
Achieve goals  
Make the move and  
participate



Patron Peter Mitchell  
Councillor for Division 2  
Redland City Council



**Redland**  
CITY COUNCIL



**REDLANDS BAYSIDE  
MASTERS SWIMMING CLUB**

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#### Club Contacts

**Sandra Wylie**  
President

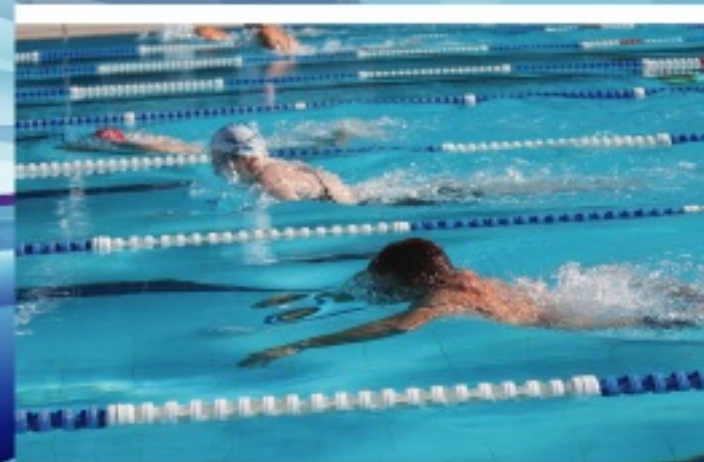
Phone: 0423 452 702  
president@qrbmasters.org.au

**Vivien Carlsson**  
Registrar

Phone: 0409 641 627  
registrar@qrbmasters.org.au

P O Box 3541,  
Victoria Point West, QLD 4165

[www.qrbmasters.org.au](http://www.qrbmasters.org.au)



## Who and Where

Anyone over the age of 18 years is welcome.

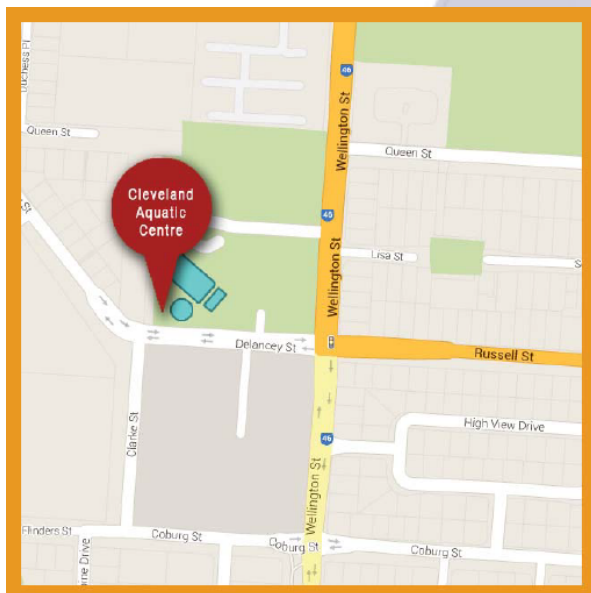
We meet at the Cleveland Aquatic Centre, Russell Street, Cleveland (behind the Fire Station).

We use both the 50m and 25m outdoor pools which are heated.

Coached swim sessions are every Wednesday evening – Summer is 6.30pm to 7.30pm and Winter is 6.00pm to 7.00pm and Sunday mornings from 9.00am to 10.00am. Unless otherwise advised.

We swim throughout the year – you attend as and when it suits you.

Entry to the pool is not included.



## Try-out and Joining our Club

Our Club covers your insurance for the first four (4) swimming coached sessions.

We assist with breathing, stroke correction, stamina, fitness, aerobic & competitive swims and triathlon swims.

Swimmers are coached in groups, in lanes, according to their level of competency.

On joining the Club, calendar year fees are only \$110.00, which is equivalent to only \$2.12 per week.

## Coaching is free

(other Clubs charge up to \$80.00 p/month).

## Fitness Swimmers

Swim sessions will build your stamina, endurance and strength on a progressive basis.

Aerobic improvement will strengthen lungs and improve blood circulation.

Stroke correction will improve your efficiency – less effort will enable more distance to be covered.

Members can also participate at the pool in these swim Programs as part and parcel of your training distances:

**Endurance 1000** aerobic swims

**Vorgee 1 Million Metre** with awards for achievement

**Lane Warriors** with annual awards for swim distances

## Competitive Swimmers

Swim sessions will improve your technique, fitness and strength, ready for Swim Meets, Open Water and Triathlons.

Swim programs will focus on endurance, efficiency and speed, to achieve personal best times (PB).

All four strokes are included.

Swim Meets are held for 11 months of the year, with approximately one per month.

We attend most local venues between Lismore (south), Toowoomba (west) and Noosa (north).

## Swim Meets – Competition

The annual Swim calendar is on the club website:

[www.qrbmasters.org.au](http://www.qrbmasters.org.au)

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Flyers are posted on the noticeboard with the list of events, entry fees, closing dates and swim dates.

Meet entries are done mostly online with Meet Entry on the MSQ site.

Non-Club Members can swim at one Swim Meet as a Visitor.

Swimmers compete in age groups spanning five years, such as 20-24, 25-29, 30-34, etc.

The results of each event are then sorted into age groups and each swimmer's points are tallied.



The highest scoring swimmer in each age group wins that age group – men and women.

Results are published throughout the day events.

Our Club provides a large shade tent and groundsheet at the Meets.

You bring your swim gear (togs, towel, goggles, cap, tracksuit), sun block cream, snacks, any special drinks and folding chair.

Club Members assist and time keep as well, for our allocated swim lane.

Open Water Swims are also a great way to expand your expertise and fitness.