

# CITY OF LIVERPOOL SWIMMING CLUB

Affiliated to the Lancashire County Water Polo & Swimming Association



## COLSC Masters Squad

### FAQ's

#### **Who can Join in the Masters Squad**

The Masters Squad is designed for swimmers aged 18 years and older. Whether you are an ex club swimmer, Tri-athlete, Open Water Swimmer, or just want to keep fit you will be welcomed. We have four lanes which means swimmers are grouped according to ability plus the sessions are altered for each lane so there is always flexibility in the training sessions. Swimmers should be competent in 3 strokes and to be able to swim 400m freestyle without stopping.

#### **Where and When**

- Monday and Wednesday 20.30 – 21.45 at Wavertree Liverpool Aquatics Centre
- Thursday 19.00 – 20.45 at Everton Park

#### **Do I have to become a LAC “Lifestyles” member?**

No - you can pay on the door for each session you attend (On the door price is £4.75 or £3.60 for Students and Seniors). Membership offers all the weekly sessions plus many other benefits, including use of all the other facilities at LAC. (Monthly £34 or £24 for Students and Seniors).

#### **Do I have to become a City of Liverpool Swimming Club member?**

No – You only have to become a City of Liverpool SC member if you choose to compete in competitions for COLSC.

#### **Can I still be a member of another swimming club?**

Yes - We are a training squad and members are free to represent other clubs and organisations. We can also put you in contact with other groups if you want to try something new e.g. your first Triathlon, first Masters competition.

#### **I'm not sure this is for me?**

Come and watch one of our training sessions or swim in the adjacent public lanes. We are all friendly and approachable. If we ignore you check for ear plugs and shout louder!

Two experienced Masters Swimmers run the Sessions Tony Wylie and Steve Wall (077 1046 1478). Don't be afraid to ask !