

# **BARNET SWIMMING TRAINING SCHEME**

## **MASTERS SQUAD**

The masters programme consists of competent adult swimmers aged from 20 years of age and older. There is no upper age limit but swimmers must be able to swim well on at least three different strokes. Initially, speed is not paramount but the aim of the group is to develop a competitively minded group of swimmers by way of structured professional coaching.

Swimmers are organised into lanes by ability rather than age or sex. There are opportunities to learn new water skills with a view to competitive stroke improvement, starts, turns and drills. Additional specific training is available for regular competitors. There is no minimum number of sessions but obviously, regular attendance will lead to improved fitness, endurance and speed.

Our competitive swimmers are among the best in the country with a number of National record holders and International medallists in the team. The swimmers are encouraged to take part in masters competitions some hosted by BCSC as well as other open meets, District, National and International competitions.

The atmosphere is friendly and inclusive, all are welcome to come and try the sessions on a one-month free trial.

**Coach to Swimmer ratio    1:50**