

Masters Swimming at Retford Swimming Club.

Masters Swimming is, put simply, swimming for adults. Retford Swimming Club's Masters Squad is for those adult swimmers interested in continuing with swimming, whether it is the competitive side of the sport, or for the fitness benefits, or the social side of the Club. The emphasis of Retford Masters Swim Squad is on training, and it is not suitable for those wishing to learn to swim. Any adults interested in learning to swim should contact Retford Leisure Centre, as adult swimming lessons and tuition are available through the week.

To be eligible for Masters Swimming you must be over 18 years old, and be able to swim 400m in any stroke. There is no upper age limit on membership!

Masters competitions are organised up and down the country, often over weekends. Apart from the competitive element, they are also great social events, with swimmers enjoying the hospitality of the host town. The competitions themselves are split up into five-year age bands, from 25-29 and upwards, so swimmers are always competing against others of a similar age. Some events also cater for the lower age group of 18-24. Swimmers often enter events individually, although there are some team events.

Our current membership includes a number of triathletes. If you compete in triathlons or other multi discipline events involving swimming, Master Swimming may be of interest to you.

Retford Swimming Club's New Masters Swimming Squad trains at the Retford Leisure Centre on Wednesday Evenings, 8.00pm to 9.00pm, and Friday Evenings 8.15pm to 9.15pm.

If you are interested in joining us, come along for a trial session one Wednesday evening at 8.00pm, and talk to our other Masters swimmers and the Coaching Team. Alternatively email our Coaching Team at retfordswimcoach@hotmail.co.uk.