



New Member Application Form

(please bring this along at Casey ARC on a Mon/Wed night)

Name:

Email:

Any concerns?

Emergency Contact:

Emergency Phone:

New Member Complimentary Swims

Name:

Date Issued:

Authorised By:

Club Contacts

For membership enquiries, please send an email to info@caseyseals.com.au.

President:

Oliver Hutt

Secretary:

Greg Chaplin

0403 963 468

Registrar:

Susan Kempson

Coach:

Jen Veres

Website:

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

Email:

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.

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

Email: info@caseyseals.com.au
<http://www.caseyseals.com.au>

20/01/2016



CASEY SEALS

Masters Swimming Club



Who are the Casey Seals?

Casey Seals was founded in 2001 as a swimming club for adults from 18 years onwards. We aim to provide an environment which makes swimming both enjoyable and beneficial and to provide an opportunity for those wanting to compete.

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

Why Swimming?

Swimming is excellent form of full body fitness:

- 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.



The Casey Seals are a registered and active member of the Victorian branch of Masters Swimming Australia (MSA).

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

MSA provides a central national organisation and governance with state branches to promote swimming for adults, from a local level through to national. It provides regular sanctioned local interclub competitions, which are an excellent way to check how you're progressing and are a lot of fun.

The Masters State Championships are a bit more formal, but no less fun. There are also national and international competitions.

Open Water Swimming

The other major activity the Casey Seals are involved with is the active Open Water Swimming community in Victoria. These events are usually hosted by local Life Saving Clubs and held almost every weekend through the summer months.

See our Open Water Swimming Calendar on our website for the list of events.

Why join a club?

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

Everyone will find a bit extra in an enjoyable environment with a group of others who have similar goals.

Training Sessions

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

The training fee per session is \$6.00.

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

The fee for the 2016 calendar year is \$105, which includes registration and insurance with MSV.

Your Next Step

Come along to one of our training sessions and have a chat or just call, email us, check out our website you want more information.

If you would like to swim, you'll need to bring bathers, towel, goggles and a drink bottle.

See you on the pool deck!