

Hi to all members

Now that spring has sprung, we hope to see more of you back in the pool getting fit for summer.

There are many opportunities to join fellow members and to keep up your motivation to gain and maintain fitness.

Remember, swimming isn't just about exercise.... the benefits are many:

- Helps to lower and maintain a healthy weight and healthy cholesterol levels.
- With little or no impact on your joints, you can continue swimming well into what is called "old age".... there are many masters Swimmers still competing in their nineties! So, swimming might help you live longer!
- Helps maintain a healthy mental outlook on life. You will feel better and look better because you will feel happier and smile more!
- Increases muscle tone and strength and in doing so, increases your flexibility.
- Improves heart health... safe healthy exercise like swimming is great for your aerobic fitness and that is good for your heart.
- Suffer from Asthma? Studies have shown that it can help improve breathing control and increase lung capacity.

What are you waiting for?

Dust off those goggles, spruce up your bathers and fling a towel over your shoulders and hasten to your pool for a workout.

Join fellow swimmers on Monday and Friday mornings at Craigie Leisure Centre outdoor pool from 8.15am to 9.15 and then have a coffee.... especially good for those of retirement age, FIFO workers, Mums (there is a creche) or PT workers.

Wednesday evenings... out main training / coaching session from 6.45pm to 8.00pm. Improve your swimming techniques, swim better with less effort.

STADIUM SNAPPERS LIVE LIGHTER CLUB CARNIVAL (LLCC)

Today five keen members of Carine Masters competed in the Stadium snappers LLCC.

Although numbers were low, enthusiasm was high.

We came third (Oh, I mean third from last ;-)) with a creditable score of 70 something points just behind another club. Sorry to be vague!

But it's more about joining in, having fun and the camaraderie than setting records and coming first all the time!

Those who swam were Carol-Ann Infante, Denise Vercoe, David Laws, James Duncan and yours truly, Jane Laws. We even managed to field a relay team in the 4 x 100m Mixed Medley! That was a monumental effort after a full schedule of personal swims! But we all

came out smiling and enjoyed a feast of food put on by the "Snappers" members. Raffle prizes were nowhere to be seen for us although many other lucky swimmers went home smiling under the weight of their bountiful baskets of goodies.

David Laws deserves a medal for also competing in the Winter Swimming Championships with the Beatty Park Bears in the outdoor pool at Challenge!) David Davies came along to cheer for the team having also competed and excelled in the Winter Swimming Championships for the Beatty Park Bears.

WELCOME TO OUR LATEST NEW MEMBER:

We welcome Tim Powell to Carine Masters. Tim has just joined our club so please make yourselves known to Tim.

MASTERS SWIMMING SPRING 'e NEWS'

For those who haven't caught up with the latest from masters Swimming, here is the link. It features our own David Laws, now a fully qualified MSWA Referee and a snippet of news from Carine as well as lots more worthwhile reading to keep you in the loop with what is happening in the world of swimming.

http://sitedesq.imgstg.com/clubconsolepups/dsp_email_viewer.cfm?EmailTemplateID=49491&OrgID=3401

GET WELL

There are still a few of our members who are not fully fit and hoping to get back in the pool soon. we wish you a speedy recovery and look forward to seeing you back in the near future.

SOCIALLY

We are thinking it's about time we had a night out so watch this space for a future announcement.

There is a **committee meeting on this Monday....** reminder to committee members it is at 19 Balfern Court, Hamersley, commencing at 7.00pm.

Kind regards

Jane Laws

Secretary / Newsletter Editor