



# Witney & District Swimming Club

## Squads 2017-18

### Masters

Biological Age: 18 years plus

Pool time per week: Monday 6 to 7am Witney (W)  
Friday 6 to 7am (W)  
Saturday 5 to 6pm (W)

Requirements to move into:

- A minimum level is required as we are not a teaching squad
- Able to swim 1500 metres continuously without needing a break
- Able to attempt all four strokes.

Aims of Squad:

- Enjoyment of training
- Enjoyment of competitive swimming
- Compete in galas and competitions as appropriate

Masters may join for fun and fitness only (ASA Category 1) or take part in competitions (ASA Category 2)