

# The National Aquatic Centre

## NAC MASTERS SWIMMING CLUB

### Who are we?

NAC Masters is one of Ireland's premier masters swimming clubs. Our members come from various swimming backgrounds ranging from ex-competitive international swimmers, water-polo enthusiasts, lifeguards, triathletes and open water swimmers to the general keep-fit fan. Originally the club was called Millennium masters and was formed in 1988 and was renamed in 2004 as NAC Masters following the opening of the new Facility.

### Who can join?

Male/Female

Any swimmer 19years +

### Why should I join?

There are many reasons to join some include:

- Getting fit,

- Improve your stroke,

- Meet new people,

- Travel to Galas,

- Compete in sea races (The Harbour, The Liffey swim, NAC Docklands swim)

- Check out how our members are doing @ [www.swimleinster.com](http://www.swimleinster.com)

### When do we train?

At the moment on Thursday nights from 9:00 to 10:00pm.

Meet at reception at 8:50pm.

Sunday evenings from 6:30pm to 7:30pm.

Meet at reception at 6:20pm.

We also run other sessions. Please consult our website for further details.

### What happens at a session?

People are broken out into lanes of varying ability.

There is a coach on the bank who will guide you along or there is a set session in place for each graded lane.

### Will I be able for the session?

If you can swim greater than 1000 meters at present you will be very comfortable,

### When can I start?

Thursday at 9:00pm - Come down and give it a go!

Full details on our website at: <http://www.nacmasters.com>