



DARWIN STINGERS MASTERS SWIMMING CLUB

TRAINING SESSIONS 2023



Day	SESSION TIME	POOL	COACH	DESCRIPTION	Members only
Sunday	8.00-10.00am	Parap	Endurance 1000	In this session the club and individual members compete against other clubs/members nationally. The program ranges from 400m through to 60 min, with weekly stroke/distance changes over the calendar year. Points awarded take into account time, distance, gender and age. <b>MSA members only.</b> <a href="https://mastersswimming.org.au/programs/endurance-1000-program/">https://mastersswimming.org.au/programs/endurance-1000-program/</a>	✓
Monday	6.00-7.00pm	Parap	Jac Stirrat	These sessions cater for intermediate through to advanced level swimmers interested in improving fitness, stroke skills and training for competition. Lanes are graded to provide for range of standards and swimmer needs.	
Tuesday	5.30-6.30am		Giorgio Romano		
	8.30-9.30am		Jac Stirrat		
	8.30-9.30am		Jane Davies	These flexibly designed sessions focus on developing skills and fitness while working towards swimmers' individual goals. The sessions are delivered in a fun and friendly supportive environment with "wellness" being the priority.	✓
	6.00-7.00pm		Jac Stirrat	These sessions cater for intermediate through to advanced level swimmers interested in improving fitness and stroke skills, and training for competition. Lanes are graded to provide for range of standards and swimmer needs.	
Wednesday	7.30-8.30am	Parap	Giorgio Romano	These sessions cater for intermediate through to advanced level swimmers interested in improving fitness, stroke skills and training for competition. Lanes are graded to provide for range of standards and swimmer needs.	
	6.00-7.00pm		Jac Stirrat		
Thursday	5.30-6.30am	Parap	Giorgio Romano	The focus of this session is stroke correction, skills and fitness development for intermediate swimmers. - free coaching. <b>MSA members only.</b>	✓
	8.30-9.30am		Neil Ludvigsen & John Pollock		
	8.30-9.30am		Jane Davies	These flexibly designed sessions focus on developing skills and fitness while working towards swimmers' individual goals. The sessions are delivered in a fun and friendly supportive environment with "wellness" being the priority.	✓
Friday	7.30-8.30am	Parap	Giorgio Romano	These sessions cater for intermediate through to advanced level swimmers interested in improving fitness, stroke skills and training for competition. Lanes are graded to provide for range of standards and swimmer needs.	✓
Saturday	8.15-9.15 am	Nightcliff	Jac Stirrat		✓

**Costs** - Unless otherwise indicated, the cost for each session is \$6 for MSA members and \$12 for non-members. Stingers' members can access the \$6 cost only by purchasing a 10-swim card for \$60 (or cash if a visitor). Swimmers are also required to pay the normal pool entry fee for all sessions.

**Contact** - For further information contact the Club Secretary, John Pollock, on 0431 671 871, email [stingers@inet.net.au](mailto:stingers@inet.net.au), or simply turn up at of the above venues.