



Manitoba Masters
Aquatic Club



Bored of Swimming On Your Own? Join Masters Swimmers!

We swim in the PanAm training tank:

- 18+ swim club
- Friendly fellow swimmers, all levels and ages
- Qualified coaches
- Social activities
- Flexible schedule and fees
- Trial period – one week – free of charge!

Note that MMAC is not a learn-to-swim program. You must have basic swim ability.

Build your own practice schedule:

Mon, Tue, Wed, Thu, Fri	6 am - 7 am
Tue, Thu	8 pm - 9:30 pm
Sat	7 am - 8:30 am
Sun	9:15 am - 10:45 am



Questions?

- Visit our website: www.mmac.mb.ca

How to join

- e-mail our Registrar: mmacswim@gmail.com

**Meet us at the training tank 10 min prior to a practice
(shallow end except for Sundays).**

You can ask questions and/or go for a free trial!