

MMAC Welcome

Welcome to Manitoba Masters Aquatic Club! We are pleased to have you join us in our swim activities.

There are a few things we would like you to be aware of about our club:

- Please introduce yourself to the coach and let them know a bit about your swim background and if you have any health issues which may affect you
- Please sign up for the Google Calendar on MMAC.mb.ca website. This will send you automatic emails to inform you of cancellations and changes to our schedule. Our pool time is often affected by other swim meets with only a few days' notice. There is also a Facebook Group if you wish to join.
- The lanes are divided by speed from slowest to fastest, and sorted by faster to slower in each lane. Feel free to change lanes if you feel you are faster/slower than your lane mates or change your position in the lane if the swimmer ahead of you is slower.
- We practice standard swim etiquette; i.e. up one side of the lane and down the other and try to stay on your side of the lane. See the website for more information.
- Distances typically covered in a 1 hour practice are 1200 meters (48 x 25 m) to 3000 meters (120 lengths)
- If you would like help with a specific stroke, ask the coach for feed-back. They are all very good with stroke correction.
- Your membership allows you to swim any workout; you can change up your schedule to suit yourself and your lifestyle.
- "Swimming Matters" store at the corner of Grant Ave. and Waverley offers a 20% discount to MMAC members and will help you find a chlorine resistant suit and well fitting goggles
- Do not be intimidated! We represent every age, every size, every shape and every ability level. You can stop to rest whenever you need, sit out a lap if you wish or change the workout to suit your ability (i.e. some of us do not do butterfly and substitute another stroke)

- We hope you enjoy our club, and have FUN!

MMAC Executive