



Armadale Masters Swimming Club

Aerobics – Tuesday 30th April 2013



A full program of memorable performances marked the first aerobics session at the Cannington Leisureplex where nine swimmers attempted to keep count of endless laps and tiring tumble turns. While no swimmer got close to personal best times, three new age group records were created.

Probably the night's most memorable performer was Mary, who opted for a 30 minute swim and managed to complete 1150 metres of freestyle in the 30 minutes. Great job Mary! It's good to see multiple record-holder Col back to a two event program after his extended layoff, swimming 400 and 800 freestyle. Col's swimming partner on the night, Gillian, swam 400 backstroke and 800 freestyle and in doing so broke the short course records in these events for her age group. The other record breaker of the night was Sean Jones, who broke his age group record in the 400 backstroke. He also swam 400 breaststroke. Regulars; Graham, Charles and Jeff each swam two events, and Fettes and Ross one each. So well done to those guys – it's hard work!

A reminder to all swimmers intending to take part in future sessions; please have all the paperwork completed well before the scheduled start time. This way the program can be properly organised for a prompt start.

