

Masters Swimming

- The Cayman Islands Masters Swimming is a program for swimmers of all ability levels.
- All fitness, competitive, and triathlon swimmers aged 18 and up are welcome.
- Benefits of Masters Swimming include fun, fitness and friendly competition.
- Masters Swimming is your opportunity to make friends with people who share an interest in swimming.

Our Coach

The program is headed by coach (and guru) Mike Barrowman, a gold medalist in the 1992 Olympics.

Workouts

Practice schedules are Mondays at 6:15 p.m. to 7:30pm, and Thursdays at 6:00 to 7:15 p.m. Rain or shine!

The workouts take place at the Lions Pool which is a 6-lane, 25 meter pool. The swim practices are in a competitive style, made up of interval type workouts using all the body's energy systems to build up swimming resistance. Most workouts concentrate on freestyle but they also focus on all the competitive strokes; backstroke, breaststroke and butterfly. Additionally, we practice swim drills and offer feedback for stroke improvement. Any necessary equipment for the drills is provided at the pool (kick boards, pull buoys, paddles) and is included in the fees. The equipment is kept in a separate bin designated for the Master swimmers and we ask that you collect any equipment you have used and return it back to the bin at the end of the session.

Although the workouts are the same for everybody, swimmers are grouped in the lanes according to level. Remember that the purpose of the workout is to improve your swimming, so lanes are split into beginners (lanes 1 and 2), intermediates (lanes 3 and 4) and advanced (lanes 5 and 6). The workout routine is displayed on a board at the beginning of each session, and if you are new and not sure which lane to take you can use the times on the board as a reference, or simply ask Mike before you get in the pool.

A clipboard with a list of swimmers is provided at each session and swimmers should sign in before they get in the pool. If you are new, add your name at the end of the list, together with an e-mail address.

The workout fees are CI\$ 3.00 per session, payable at the end of every month. You may also prepay for sessions. A billing statement is sent by e-mail at the end of every month. A \$25 refundable deposit is requested at initial registration. E-mail is the main method of communication so notification of anticipated practice changes or cancellations and the latest swim news are sent out electronically.

More Info

For additional information on the Masters program, please e-mail Perry.Rombough@rbc.com