



## Armadales Masters Swimming Club



### Aerobics – Sunday 27 January 2013

Eleven swimmers attended the aerobics session on Sunday morning, 27 Jan. We weren't off to a great start as the pool lifeguards were just organising the lane ropes as the pool opened. Signs of a lane rope tangle got Graham Hicks excited and before long there were lane ropes everywhere except for the swimming pool. Eventually, at 9:30, with lane ropes in place, we were able to give the pool staff some relief and get Graham into the pool.

The preference for longer events made organisation of swimmers and timekeepers much easier. Three half-lanes were occupied by 1500m and 30 min swimmers who alternated swimming with timekeeping. Zita, with eyes on Gillian's trophy, opted for 45 minutes of breaststroke. There was a need to spill into a third lane for some 400 m and 800 m swims. Being a great morning for swimming, most swimmers were satisfied with their efforts. Special mentions for Stan with his new 1500m freestyle record in the 75 – 79 years age group category and Nigel who broke the 1500m freestyle record in the 35 – 39 years age group category.

All in all, it was a great way to spend Sunday morning, especially if breakfast in bed wasn't an option. I may ask for advance notice of your intentions for longer swims prior to the next Sunday aerobics session as the task of juggling several swims of longer than 30 minutes duration may be problematic. There may also be a need for swimmers to volunteer just for timing duties.

The next Sunday morning session is likely to be in March, so have a think about getting your longer swims out of the way before we migrate to Lesmurdie for the winter.

Ross

