



## Armadale Masters Swimming Club



### Aerobics – Sunday 17 March 2013

A beautiful Sunday morning at the Armadale Aquatic Centre saw only six swimmers participate in the aerobics session for 'longer' events. Zita, with eyes on the Aerobics prize, arrived first with family and personal timekeeper – nothing was going to stop her from getting another one hour swim under her belt. Jannette Edwards joined Zita for her first 60 minute swim. Jannette easily achieved her goal of 2km, well done Jannette. Gillian swam 1500 m in regulation backstroke while Ross tried to keep up doing a 30 minute free. Chas (breaststroke) and Graham (Backstroke) both swam 800m events to complete the program for the day. Chas has been using the aerobics sessions to target his nominated events for the Australian championships next month in Sydney. No records or personal bests were achieved but all enjoyed the swim in beautiful autumn conditions. For anybody who wants to swim more long distance pool events, there will be two more opportunities next month; beyond that it won't be until October when we migrate back to Armadale for the summer. Thanks Heather for timekeeping. See the attached results for progressive points.

Ross

