



Legacy Masters Swim Club
Waitlist Intake Form

Please take some time to answer the following questions.

1. Have you ever been part of a Masters Swim Club?

☐ Yes

☐ No

2. How did you hear about Legacy Masters Swim Club?

☐ Saw the banner at Britannia Pool

☐ My friend is in the club

☐ Word of mouth

☐ Online search

☐ Other _____

3. Legacy Masters Swim Club trains at Britannia Pool in East Vancouver. Where do you live?

☐ Grandview Woodlands/East Vancouver

☐ Elsewhere in Vancouver

☐ North Vancouver

☐ Burnaby

☐ Other _____

4. Masters swimmers compete in 5-year age categories. What is your age group?

☐ 18-24

☐ 40-44

☐ 60-64

☐ 80-84

☐ 25-29

☐ 45-49

☐ 65-69

☐ 85-89

☐ 30-34

☐ 50-54

☐ 70-74

☐ 90-94

☐ 35-39

☐ 55-59

☐ 75-79

☐ 95-99

5. Are you interested in competing?

☐ Yes

☐ No

6. Are you interested in officiating, timing, or fulfilling other volunteer roles at swim meets?

☐ Yes

☐ No

7. Legacy Masters is a registered non-profit society. Would you be interested in serving on our Board of Directors?

☐ Yes

☐ No

8. Check the box that best describes your swimming background:

☐ Competitive swimming at the (please indicate)

☐ International level

☐ National level or equivalent

☐ Junior National level or equivalent

☐ Provincial level

☐ Regional level

☐ Summer swim team or highschool swim team

☐ Water polo or synchronized swimming

☐ Lifeguard

☐ Swimming lessons

☐ Recreational/lap swimming

☐ Triathlete

☐ Open water

9. If you do not have a competitive swimming background, check the box(es) that apply:

☐ I know how to push off the wall in a streamlined position

☐ I know how to interpret workout sets

☐ I know how to read the pace clock

☐ I can swim all 4 competitive strokes

☐ I only know how to swim freestyle

☐ I can swim all the strokes except butterfly

☐ I can do flip turns

☐ I can do all the open turns and transition turns

☐ I can dive off the starting blocks

☐ I can do a backstroke start

10. Check the box that best describes your current swimming routine

☐ I haven't been in the water for years

☐ I swim every day

☐ I swim a few times a week

☐ I swim once a week

11. If you're currently swimming on your own, what is your average mileage per workout?

- ☐ 1.0-1.5 km ☐ 2.0-2.5 km ☐ 3.0+ km
☐ 1.5-2.0 km ☐ 2.5-3.0 km

12. Why do you want to join Legacy Masters Swim Club?:

- ☐ I want to train and participate in masters competitions
☐ I want to improve my fitness level
☐ I want to improve my skills
☐ I want to improve my freestyle for triathlon
☐ Other _____

13. What kind of weekly training commitment would you like to make to Legacy Masters Swim Club?

- ☐ I'd like to train 3X per week
☐ I'd like to train 1X per week
☐ I'm curious about masters swimming and just want to try it out

14. The competitive swimming year runs from September-May. Legacy Masters runs three 10-12 week sessions over the course of this time in accordance with the pool programming schedule. What kind of yearly commitment would you like to make to Legacy Masters Swim Club?

- ☐ I'd like to swim year-round, including during the alternative programming over the summer
☐ I want to swim during the competitive swimming year, but not over the summer
☐ I only want to participate in the summer block(s)
☐ I only want to swim for a few months a year

15. Please provide us with an accurate time for 400 metres of freestyle. If you are unable to time yourself, get someone to time you. Record your time in minutes:seconds.

Time: _____ (minutes:seconds)

16. Is there anything else you would like us to know about your swimming background or interest in Legacy Masters Swim Club?