

50 Years of Masters Swimming

July 14, 2021

[<la version française>](#)

It's been 50 years since [Hud Stewart](#) formed the UofT Masters, the first official Masters Swim club in Canada.

We invite the entire swimming community to celebrate this 50 year milestone of lifelong adult fitness through swimming.

Let's blast out of our COVID-19 lockdowns, have some fun this summer, and prepare for the 2021-2022 season and the next 50 years. The party will continue throughout the season.

We may not be able to hold a large gathering just yet but everyone can join in, from anywhere in Canada.



50FOR50 Challenge

Let's get active together, even if we can't swim together. Sign up for our virtual event 50FOR50 and commit to do 50 of anything you love. 50 laps? Do it! 50 sit ups? Go for it! 50 minutes of running, cycling or dancing? Great!

Register at <https://forms.gle/ViFwWf6AVPEyxLnT6>. Do your "50" any time during the month of August. When you are done, edit your registration form and tell us what you did.

Post a photo on Instagram, Twitter and/or Facebook using the hashtags **#MasterSwim50for50**, **#MSOSwims**, **#MastersSwim50**.

As locked-down swimmers we have learned how important swimming is to our physical and mental fitness. In lieu of a registration fee, we ask you to consider donating to the [Canadian Mental Health Association \(CMHA\)](#) or a charity of your choice. Use *MasterSwim50* in the donation comment area.

The 2nd Virtual OWS Challenge



The OWS Challenge was very popular last year with many swimmers taking up this aspect of our sport for the first time. We brought it back so that ever more can experience the joy of OWS.

Registration is now open via the [MSO Meet Entry system](#).

Choose any or all of the four Short or four Long Distances. Enter by August 22nd. Complete your swim(s) and report by Labour Day.

All participants receive a personalized results brag tag. Download the [meet package](#) for all the details.