



The Masters Swimming Canada Video Library has various titles to choose from and is available for all registered Masters Swimming Canada members. To rent a video from the Masters Swimming Canada Video Library, please follow these steps:

1. Choose up to four (4) titles from the Library Titles List
2. Email Bette El-Hawary at [BetteEl-Hawary@mastersswimmingcanada.ca](mailto:BetteEl-Hawary@mastersswimmingcanada.ca) to request your chosen titles
3. In the email include the following information:
  - a. Name
  - b. Mailing Address, email address & Phone Number
  - c. Club
  - d. Masters Swimming Canada membership #
  - e. The titles that you wish to rent
4. Mail a check (for deposit) equal to \$10 x the number of titles you wish to rent to:

**Masters Swimming Canada  
5516 Spring Garden Rd. Halifax, N.S.  
B3J 1G6**

5. Once your check has been received, Masters Swimming Canada will ship you the titles you requested. It is *your* responsibility to return all titles within three (3) weeks of its original post date. Please return rentals to:

**Masters Swimming Canada  
5516 Spring Garden Rd. Halifax, N.S.  
B3J 1G6**

6. Your check will be returned to you or destroyed upon return of the DVD's.
7. If you do not return the DVD's within the three week period you will be invoiced for the total amount of the DVD's.

MSC DVD's available for loan:

**Go Swim Series:**

Sprint Freestyle with Roland Schoeman  
Freestyle with Kara Lynn Joyce  
Straight-Arm Freestyle with Scott Tucker

**Frank Busch Fast Lane Series:**

Turns & Breakouts  
Starts & Finishes  
Butterfly  
Backstroke  
Breaststroke  
Freestyle  
Training Strategies

**Total Immersion Swimming Series:**

Betterfly for Every Body  
Backstroke for Every Body  
Breaststroke for Every Body  
Easy Freestyle

**Richard Quick- Championship Winning Swimming Series:**

Butterfly  
Backstroke  
Breaststroke  
Freestyle  
The Foundation of Championship Winning Swimming  
Swimmers Shoulder: Prehab & Rehab  
Pilates for Swimmers  
Walls: Underwater Swimming- The Fifth Competitive Stroke  
Starts  
Turns for All Strokes