



## Getting Started

### **What is the Fitness Swimmer Program?**

The MBRAC Fitness Swimmer Program Log is designed to promote swimming for health and fitness. The program encourages regular participation through tracking distances swam daily and recognition as swimmers reaches various milestones. Milestones will be awarded at the beginning of each month and will be pinned up on the board in an envelope with your name by the water fountain. Happy Swimming!

### **Did you already have an account?**

If you had an account prior to the Fitness Swimmer Program being closed, your profile's password has been reset! Simply click the "Login" button in the top right-hand corner and in the popup box, click "Forgot password?" From here, enter your e-mail address, click submit, answer your security question, and you will be prompted to enter your new account password. Once you have done this, you are ready to log your kilometers!

**Note:** If you have forgotten your account e-mail address or password, no problem! Simply let a supervisor know and they can help you reset your password. If no pool supervisor is available, you can also send us a message using the "Contact" button below.

### **Creating a new account?**

Click the "Register" button in the top right hand corner, fill out the fields, and you will be sent an e-mail to register your account. Please note: The registration e-mail will likely end up in your Spam folder, so be sure to check that. Once you have verified your email address, you will be ready to log your kilometers!

### **Need help?**

If you are having trouble getting started, no problem. Drop us a line by sending us an email at [lorenzo.conrad@uleth.ca](mailto:lorenzo.conrad@uleth.ca), or by clicking "Contact" in the bottom right hand corner of the program.