



MASTERS SWIMMING

Starting June 6th

Open to all swimmers aged 18+ who wish to join in a coached workout.
All standards welcome—must be able to swim 200 meters



Why not join us?

Saturdays 7:30 am—8:30 am

If you are interested in swimming to improve your general fitness, Stamina or Technique, or just want to swim in a more motivational environment, or have signed up for a triathlon this year—then this session could be just what you are looking for!

Lanes will be organized by ability, and our Club Coach will provide a tailored workout for each lane—so even if you have not swum for years, or need extra training hours for competitions—we have a lane for you!

Come on down and give it a whirl!

£5:00 session