



## Poole Swimming Club

Affiliated to ASASW DCASA RLSS

Want to improve your swimming?  
We offer opportunities for all over the age of 6.

Star Groups - Stroke techniques for children aged from 6

Pre- Junior/Junior Squad - Teaching and developing all strokes, and the introduction of competitive skills

Main Squad - Competitive Training for Club representative teams

Masters/ Fitness - Training for those aged over 18

Life Saving - Learn to save lives for those aged from 11

Don't Delay!! Contact us now for full details on how to join in the fun!!

**Call our Recruitment Officer -**

Sheila Potter on 01202 761110

**or contact our Treasurer at**

**[treasurer@pooleswimmingclub.org.uk](mailto:treasurer@pooleswimmingclub.org.uk)**

Either will take your details and arrange for a swimming assessment. When this is complete, and a suitable space found, swimming can start immediately.

