



Poole Swimming Club

Did you know that Poole Swimming Club caters for adult swimmers as well as youngsters?

If you are over 18 and a proficient swimmer, you may be interested in joining the 'Masters' section of Poole Swimming Club. It doesn't matter whether you are fast or slow, young or old – we cater for a wide range of abilities and our current members range in age from 18 to 79.

We offer a number of training sessions each week, both mornings and evenings, at Rossmore Leisure Centre and at the Dolphin Swimming Pool (when it re-opens!).

Benefits of swimming with a club compared with swimming in public swimming sessions include:

- a programme to follow is set for each training session
- a coach is on hand to offer advice on technique and training
- swimmers of similar speed swim together, so less overtaking!
- It can work out cheaper if you swim twice a week or more
- you get to know other swimmers
- you can enter competitions with the club if you wish

If this sounds like it might be for you then join us for a free trial swim - just come along to any of our training sessions and introduce yourself to the coach on poolside.

Details of when and where we swim each week can be found on the Club website or the Masters blog.

Club website:

pooleswimmingclub.org.uk

Masters blog:

www.pooleswimmingclubmasters.blogspot.com

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