



Our Masters training sessions are led by a qualified coach who is there to give you practical tips to help you improve your endurance, speed and technique.

To attend, you must be able to swim 200m comfortably.

£7 per session or £70 for a 12 for 10 pass

Monday	12:00 - 13:00	50m pool
Tuesday	08:30 - 09:30	25m pool
Thursday	08:30 - 09:30	25m pool
Friday	08:30 - 09:30	25m pool