

Masters Needed!



Newport Pagnell Swimming Club are looking for some new Master swimmers .

You may be a regular swimmer or someone who would like to swim to improve fitness and stamina - all abilities welcome.

- Coached by Head Coach
- Perfect strokes
- Learn to dive
- Improve fitness
- Full training programme provided



Session Details :

Monday: 20:30—22:00	Middleton pool
Tuesday: 20:15—21:30	Middleton pool
Thursday: 19:45—21:15	Bedford High School for Girls
Saturday: 07:15-9:00 am	Middleton pool

If you feel up to it, we often enter club gala's giving us the chance to be in timed races and track our progress.

£4.50 per session. (membership free unless competing in Open meets)

We are a fun and friendly group, so come along to one of the sessions above and introduce yourself and we can take it from there.

See you soon!!

