

GET IN THE POOL & off the screen!

Join our friendly Swimming Club

Swimming is an excellent way to keep healthy, both physically and mentally. It promotes good sleep, builds confidence and friendships, it's also great fun too!

If you love swimming and can swim...

- ✓ 25m front crawl
- ✓ 25m backstroke
- ✓ 25m breaststroke
- ✓ 10m butterfly

and you want to learn competitive swimming then come and join our successful club.

We have development, competitive and performance swimming opportunities so get in touch today.

Visit us online or email one of the team on membership@cheshamswimmingclub.org



**BOOK
A TASTER
SESSION
TODAY**



cheshamswimmingclub.org

 **Swim England** Affiliated Club  **SwimMark** ESSENTIAL CLUB