

Swimmin' Women

**Starting Tuesday 18th September
6 week Swimming Programme for Women**

Increase swimming distance.

Meet swimmers of similar abilities.

Improve swimming techniques & strokes.

Beginners formal workout programme provided.

Swimming in a group provides great motivation.

1 weekly coached session.

2nd weekly swim included at a time of your choice.

**Coached session takes place on
Tuesday nights at the following pools:**

**Clonmel Swimming Pool
Time: 7-8pm**

**Thurles Leisure Centre
Time: 8.45-9.45pm**

€35
+ Booking Fee



**Note: You must be able to swim 2 full lengths of a 25m pool to partake in the programme.
For registration and further details check out www.tipperarysports.ie or call 0761-06-6201.**

