



Love swimming? Want to do more?
Alnwick and District Swimming and Lifesaving Club
Offers something for the whole family.



- **Family fun sessions** - time for all the family to enjoy the water together - **Sunday 4.30 to 5.30**
- **Rookie Lifeguard coaching sessions** – younger family members with some swimming experience can improve their swimming and learn water safety through fun activities – **Sunday 5.30 to 6.15**
- **Survive and Save** - develops lifesaving skills - resuming **January 2020**
- **Adult improvers** - coaching sessions - **Sunday 6.15 -7.00**
- **Lane swim** - Available to all members - **Wednesday 6.00 - 7.00, Sunday 4.30 - 7.00**

For more information contact Tracey on tracey.sample@mail.com