



LAND TRAINING

**FIRST LAND TRAINING
SESSION TO BE HELD AT THE
RANCH CLUB.**

**Thursday 29th APRIL AT
6.45PM**

**THE SESSION IS FOR EVERY SINGLE SWIMMER AND PLAYS
A HUGE PART OF YOUR STAMINA/STRENGTH BUILDING.**

**PLEASE ATTEND THIS SESSION. PARENTS ARE TO STAY AS
SWIMMERS WILL NEED TO BE ESCORTED BACK TO
SWIMMING BATHS FOR SWIM TRAINING AT 7.30PM**