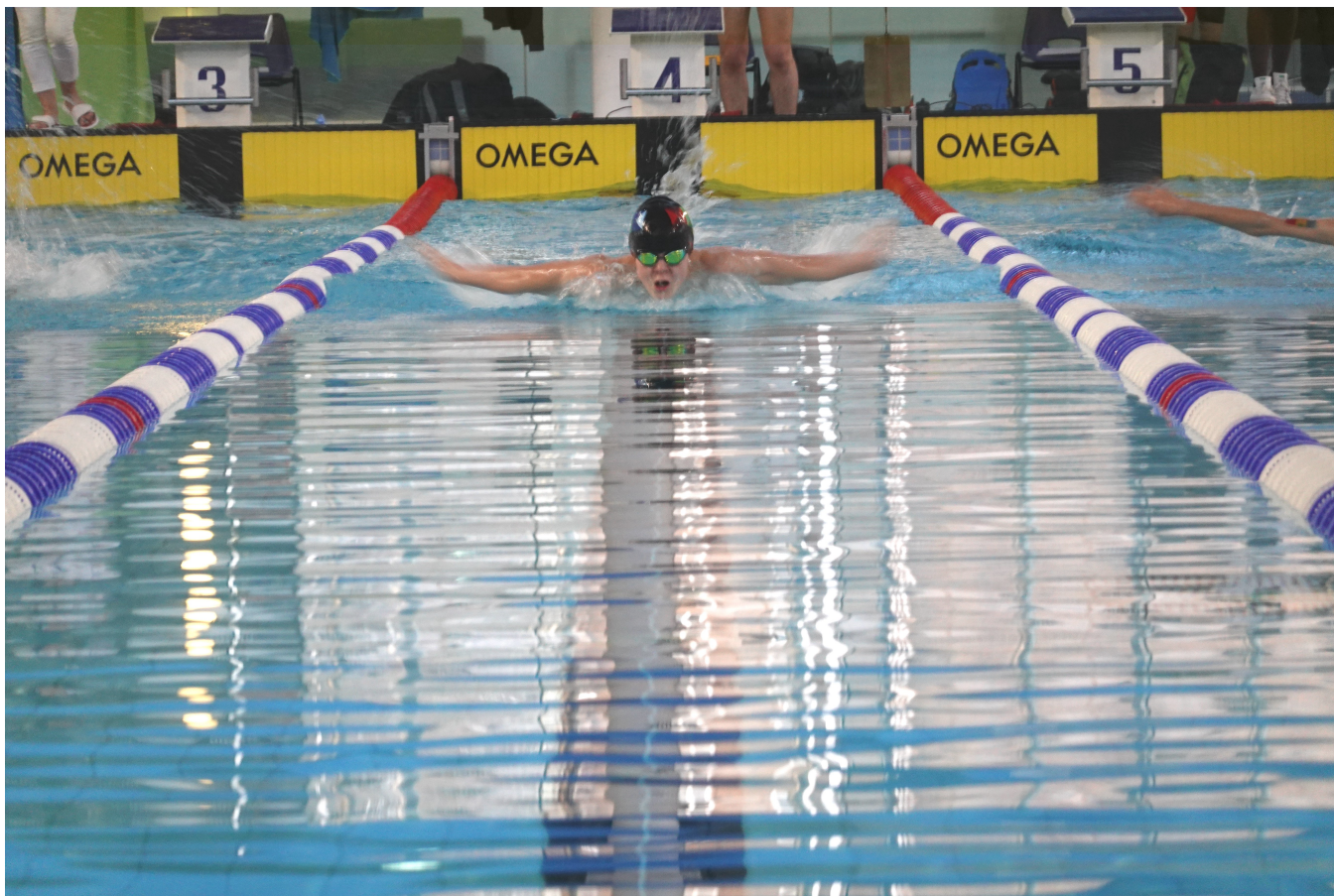




# SWIMMING FOR FITNESS



## **WE ARE RECRUITING**

12 - 18 YEAR OLD SWIMMERS

We offer inclusive, encouraging & enjoyable swimming:

- Improve your technique across all four strokes.
- Up to 4 coached sessions weekly in pools around Hackney.
- Opportunity to progress to competitive swimming.
- Acquire skills and confidence both in and outside the water.
- Regular social activities.
- Progression to our Young Volunteers program.

## **TO BOOK A FREE TRIAL CONTACT**

[membership@hackneyaquaticsclub.org](mailto:membership@hackneyaquaticsclub.org)



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