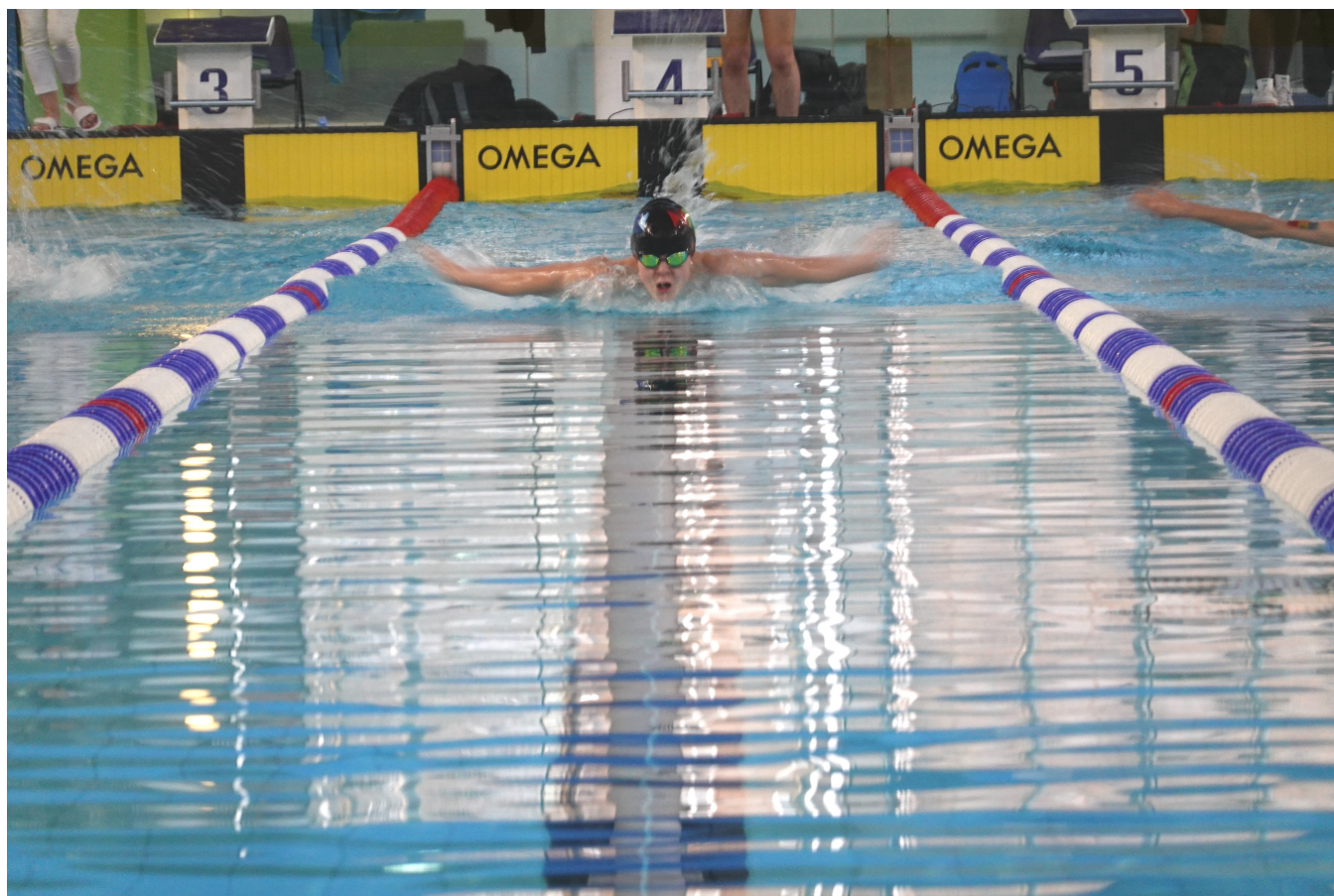




# SWIMMING FOR FITNESS



## **WE ARE RECRUITING** 10 - 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.

## **COME TO THE FREE OPEN TRIAL HACKNEY AQUATICS CLUB**

**SATURDAY 20TH JANUARY**  
**11 AM-12 NOON**

Clissold Leisure centre | main pool  
*No pre-booking required.*



**SCAN ME**

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