

Do you enjoy swimming?

Would you like the opportunity to compete?

Would you like to be taught by professional swimming coaches, who will train you to a 'competitive' swimming standard, with the focus towards becoming part of one of Halstead's Competitive Swimming Teams?

HALSTEAD SWIMMING CLUB

Are looking for young swimmers to join their club with a strong focus on competing.

If you enjoy swimming, have a basic knowledge of all four swimming strokes, and are willing to commit to training sessions HSC's professional coaches will teach you:

1. Racing stroke technique
2. Racing dives and starts from the blocks
3. Tumble turns
4. Stamina and endurance training towards excellent physical fitness
5. Give you the opportunity to take part in National Junior, Essex and Suffolk league swimming galas.

This is a great opportunity to make new friends and have lots of fun!!

Boys and girls from 7 years old can apply for a trial.

We urgently need 8/9 year old boys who are willing to train to a competitive racing standard. Could this be you? If so.....

**Please contact Christina Southgate at
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