



**Do you enjoy swimming?**

**Would you like the opportunity to compete?**

## **Join Halstead Swimming Club**

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?

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 competitions

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.

Please contact our Membership Officer Christina Southgate on [christinasouthgate21@gmail.com](mailto:christinasouthgate21@gmail.com).