



I have decided to resume the Wednesday night Swim Squad on **February 4th** at the revised time of **7pm** - that's one hour of solid swimming from **7pm**. These sessions are your opportunity to ask me any question you want regarding your technique or training plan free of charge!! If it's a simple solution, I'll endeavour to help on the spot; if not, I'll research the issue and get back in touch. Obviously, if its a complex issue, I will recommend some one-on-one time so that we can get into it in more depth.

Those of you training for triathlon events, a swim squad session is recommended once a week to help develop skills required for:

- swimming in a group
- swimming in turbulent water
- swimming at pace
- swimming efficiently
- swimming with great technique - to mention just a few.

I would also like to re-start the occasional get-togethers at Jarks in the City (previously Corn Exchange) so we can chew the fat with like minded people and swap notes on various events upcoming and past. We used to do this straight after swim squad every couple of months and it was a great way to get to know the other swimmers, many of whom you wouldn't recognise with their clothes on!!

So, how many of you will I see on Wednesday 4th February at 7pm? Remember, there is no extra fee for the swim squad, just swipe your card if you are a Swimgym member, or pay the normal entry fee at the desk. Looking forward to catching up with everyone."