



# ***Social Swimming Group***



*Suggested  
donation of  
£2.50*

Come along to our social swimming group where you can swim at your own pace and if you are recovering from an injury, it is a great way to practise those rehab exercises!

Wednesdays 12.15 - 12.45pm  
(Changing room open from 12noon)

**Sedbergh School Pool**

If you would like more information, please contact us on **01539 728118**.  
We will be happy to help.