

## ***Open Water Training***

Open Water training is available to all SASA registered swimmers at Lochore Meadows in Fife every Wednesday from 6.30-7.30 pm at a cost of £2.00 for juniors and £3.00 for seniors, per session. Swimmers do not need to stay in the full hour, with duration and intensity based on experience and ability. Changing facilities and hot showers are also provided.

The sessions start **Wednesday 6<sup>th</sup> May** (although be warned the water may still be a bit cold until mid to end May) and run until September, depending on demand.