



COME AND TRY SESSIONS

NEW MEMBERS WELCOME

Seymour Sharks Swimming Club is a community orientated not-for-profit organisation that develops and nurtures individual swimmers across all squad levels.

We aim to instil a life-long love of swimming and to build a program of excellence in training, team unity, character development and family support where every swimmer has the opportunity to achieve their potential.

Our club is looking for new members that want to further develop their swimming skills.

- ◆ **Improve swimming technique**
- ◆ **Increase fitness & endurance**
- ◆ **Prepare for school carnivals**
- ◆ **Be part of a club**

Our club offers:

- ◆ Flexible training program - swimmers can choose the number of nights they attend.
- ◆ Experienced coaching staff with the skills and attributes to take your swimming to the next level



As a guide the minimum skills required for our squad program are as follows:

* Aged 8 or above.

* Ability to confidently complete 50m freestyle, backstroke and breaststroke with no stopping and correct breathing.

Contact us to organise your free trial session



Seymour Sharks Swim Club



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