



**KWSS – 50m pool training and Swim Experience – Getting familiar with outdoor swimming**

**Location – Charlton Lido Outdoor 50m pool, Hornfair Pk, Shooters Hill Road SE18 4LX**

There will be 4 sessions:

<b>Date</b>	<b>Time</b>	<b>Swim Standard</b>	<b>Max class size</b>
<b>Week 1</b>			
Monday 19 <sup>th</sup> Aug	0900 – 1100	Top Squad	12
	1100-1200	Orange to Silver	14
Wednesday 21 <sup>st</sup> Aug	0900 – 1100	Top Squad	12
	1100-1200	Orange to Silver	14
<b>Week 2</b>			
Wednesday 28 <sup>th</sup> Aug	0900 – 1100	Top Squad	12
	1100-1200	Orange to Silver	14
Friday 30 <sup>th</sup> August	0900 – 1100	Top Squad	12
	1100-1200	Orange to Silver	14

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**This is first come first served activity. Please indicate which week you will participate in (week 1 or 2) or both. Ideally you should attend both sessions in the week chosen (if possible) as the second session builds on the work done in the first session.**

**Each session is £10, for the 2hr session and £5 for the 1hr session and will be coached by Peter**

**Please reply to [johngking119@live.com](mailto:johngking119@live.com)**