



The City of Bristol Network Top Up Sessions 2021-2022

OFFERING WEEKLY LONG COURSE 'TOP UP' TRAINING
SESSIONS FOR INDIVIDUALS WITHIN THE COB
NETWORK

Now Accepting Applications for Cycle 2:

Dates:

January	8, 15 (Glos ASA Swimmers can add 22 nd)
February	19 (Glos ASA Swimmers can Add 5 th)
March	5, 12, 19, 26
April	9, 16 and EITHER 23 or 30 depending on Age/Youth

COST: £4 Per Session

(The Full Cycle to Be Paid for in Advance: £36 for Jan-Apr,
or £40 for Glos ASA swimmers wanting the extra 2 sessions)

SESSIONS RUN FROM 8.00-10.00AM. Swimmers should arrive at 7.45am to complete a poolside warm up.

APPLY NOW: Email: cobheadcoach@gmail.com

APPLICATION CLOSING DATE: Wednesday 5th January 2021