

Witney & District Swimming Club

Squads 2019-20

Masters



Biological Age: 18 years plus

Pool time per week:	Monday	6 to 7 a.m.	Witney (W)
	Friday	6 to 7 a.m.	W
	Saturday	17.00 to 18.00	W

Requirements to move into:

- A minimum level is required as we are not a teaching squad but a competitive one.
- Able to swim 1500 metres continuously without needing a break
- Able to attempt all four strokes.

Aims of Squad:

- Enjoyment of training and competitive swimming
- Compete in galas and competitions as appropriate