

Open Water Swimming

6 WEEK WOMENS ONLY PROGRAMME

- 1 x 45 minute session a week for 6 weeks
- Gain confidence in the water and improve your swimming technique
- Two different groups available to cater for different abilities. Please note you must be able to swim 50m to join the beginners group & 200m to join the intermediate group
- Sessions led by qualified and experienced Swim Ireland instructors
- Cost for the entire programme is €25



Worlds End Castleconnell



Mon June 20th - Mon July 25th



Beginner Group: 6.30-7.15 pm
(must be able swim 50m in pool)

Intermediate Group: 7.15-8.00
(must be able swim 200m in pool)

For more information, contact Liam at
lcantwell@limericksports.ie or call 061 333600



"Open water swimming is so refreshing. The group was well organized and the tutors were great. I would tell anybody to just do it!"

"I really wanted to try open swimming in a safe way, organized by a group I trust & with a lifeguard present. It gave me the confidence to try it out and an opportunity to see if I liked it, which I did."