



For swimmers aged between 6 and 19 years old.

For returning swimmers
season starts
Wed 18th August

Ability requirements
50m freestyle
50m backstroke
50m breaststroke

Try Outs for New Swimmers

Monday & Tuesday 30-31th August

1900hrs

Officials Clinic
ONE Parent from every family!!!
Tuesday 24th August
1830-2100hrs

Winter Season costs:
300 euros per swimmer
plus 100 euros refunded
at end of season if you
complete 40 voluntary hrs

For up-to-date information go to www.shapeseals.com