



## Winter Gym and Swim 2011/12, training for junior paddlers.

### **Gym Sessions**

Monday evenings from 1700 – 1800, mainly in the Low Port sports hall but we may go outside for a wee run as well from time to time.

The first session will be on 31<sup>st</sup> October and the last on the 26<sup>th</sup> March 2012.

There will be **no gym session** on the following dates:

Dec 26, 2 & 9 Jan, 13 & 20 Feb

### **Swim Sessions**

Thursday evenings from 1800 – 1900, Linlithgow Academy pool

The first swim will be on 27 Oct and the last on 29 March 2012

Meet at the main entrance to Linlithgow Academy

There will be **no swim session** on the following dates:

Dec 22 & 29, Jan 5, 16 Feb

### **Costs until Christmas**

Gym, 8 sessions @ £3.00 per week, total £24.00 **or**

Swim, 8 sessions @ £4.00 per week, total £32.00 **or**

Combined swim and gym, 8 weeks @ £5.00 per week, total £40.00

### **Costs until Easter**

Gym, 9 sessions @ £3.00 per week, total £27.00 **or**

Swim, 11 sessions @ £4.00 per week, total £44.00 **or**

Combined swim and gym, all above @ £5.00 per week, total £50.00

We would like to collect these fees on the first night of each term please.

Pete will be leading most sessions but would be glad of offers of assistance. Any swim coaches out there?

Looking forward to seeing you all there,

Pete, LKR Coach