



3 May 2021

Dear Parents and Swimmers,

We hope you had a great autumn so far!

Kindly note that **we remain open throughout the winter and during the school holidays.** Remember that winter swimming is good for asthma and allergies. The deep controlled breathing is great for lung strength and moderate exercise helps to fight infections!

Thank you for your continued support and we trust you will have a happy and healthy winter.

Best wishes,

Irene and Noreen

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