MAKE NEW FRIENDS • GREAT COACHING • SWIM IN GALAS

KNUTSFORD VIKINGS

Swim with purpose, grow with confidence

Swim England Affiliated Club

Interested in becoming a competitive swimmer?

TAKE YOUR SWIMMING TO THE NEXT LEVEL

Our **Foundation Squad** welcomes swimmers who love swimming and have completed **Stage 7** of swimming lessons. It's a brilliant sport for all-round fitness – and great fun.

REQUEST A TRIAL

Scan the QR code to request a trial for our Foundation Squad.

REQUEST A TRIAL

FOUNDATION SQUAD TRAINING TIMES

Knutsford Leisure Centre

Tuesday	7:00 – 8:00pm	**Sunday**	2:30 – 3:30pm

Questions? Email **membership@knutsfordvikings.co.uk**

BE INSPIRED BY OLDER SWIMMERS

BE PART OF A SUCCESSFUL CLUB • GREAT ALL-ROUND FITNESS

DEVELOP AND IMPROVE YOUR TECHNIQUE