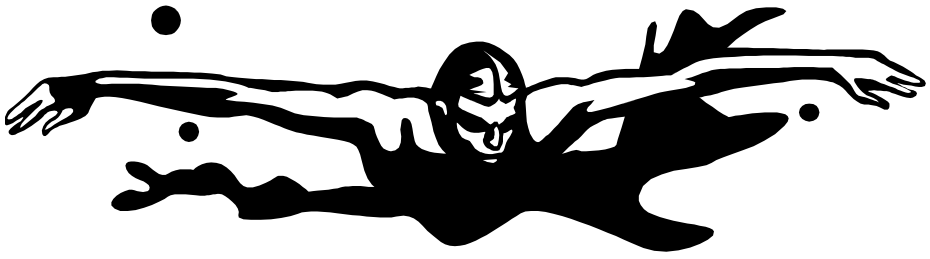
TEMPLEMORE
AMATEUR SWIMMING CLUB

Masters Swimming

- Finding it hard swimming up and down on your own?
- Looking for more structure to your lane swimming?
- Want more coaching and progression?
- Could benefit from some motivation?
- Hoping to find like-minded people to train with?
- And you want it to be fun?

If you answer yes to these questions, drop down to one of our sessions and try it out, where one of our experienced coaches will talk you through our program:

Tuesdays in Templemore – 5.30am to 7.15am
Wednesdays in Avoniel – 5.30am to 7.15am
Thursdays in Templemore – 5.30am to 7.15am
Fridays in Avoniel – 5.30am to 7.15am
Sundays in Templemore – 5pm-6pm



Swimmers with a broad range of abilities from fitness swimmers to competitive swimmer and triathletes train with Templemore Masters. If you have any length swimming experience, this program has a spot for you.

For more information contact Ross Gillespie at rossswimming@hotmail.co.uk or 07934662419