



## BLANDFORD FLYERS SWIMMING CLUB

Blandford Flyers swimming club is a volunteer run, family friendly, competitive swimming club that aims to help young swimmers improve their fitness and technique in order to compete (if desired) at a County or Regional Level. We have qualified swimming coaches who cater for a wide range of swimming abilities (including para-swimming) and we attend many competitions all over the South & Southwest of England.

The benefits of joining us include:

- being part of our family friendly club
- being part of a competitive team
- making long lasting friendships
- improving your swimming technique
- having fun
- improving your fitness
- improving your mental health
- reaching your swimming goals

If you already swim at ASA Stage 7+ or equivalent, come along to training with any questions or for a free taster session.

<b>Swimming</b>	Monday	6.30-7.30pm	Bryanston School
	Tuesday	6.30-7.30pm	Bryanston School
	Wednesday	7.30-8.30pm	Blandford Leisure Centre
	Friday	7.00-8.30pm	Blandford Leisure Centre
<b>Strength &amp; Conditioning</b>	Sunday	9.00-10.00am	Woodhouse Gardens Pavillion



 visit [www.blandfordflyers.co.uk](http://www.blandfordflyers.co.uk)  
 or find us on facebook or instagram

