

Jersey SC Masters



work all week ... take the week-end off!

Monday

Training: 6.30am - 7.30am. Langford Pool

Training & Technique: 7pm- 8pm. Aquasplash

Training: 8pm - 9pm. Langford

Wednesday

Technique & Light training: 8pm - 9pm. Langford Pool

Thursday

Training: 6.30am - 7.30am. Langford Pool

Training: 8pm - 9pm. Langford Pool

Pay as you go or monthly
standing order - whatever
suits your life-style

Affiliated to the Amateur
Swimming Association.
All Local, National, &
International competition
information supplied

Contact:
Jersey Swimming Club
Tel: 870788

email: admin@jerseyswimmingclub.com