

# **SALE SWIMMING CLUB INC.**

## **COME 'N' TRY NIGHT**

- Where:** Aqua Energy, Sale heated 25m indoor pool.
- When:** Friday 17<sup>th</sup> July 2009.  
6:00pm, swimming starts at 6:30pm.
- Who:** Anybody who can swim a lap of a 25m pool in at least 2 different stroke techniques.  
Any age welcome (our current swimming members range from 6 years to 40+!).
- Cost:** Free!

**Des Phillips, Head Coach, will be running a Freestyle and Backstroke Clinic. Senior Club Swimmers will be on deck to answer all your questions about joining a Swimming Club – cost, training, diet etc.**

Are you the next Ashley Delaney? Ash, who started his swimming career with Sale Swimming Club, has represented Australia internationally including at the 2008 Beijing Olympics, and is currently our National Champion in 50m, 100m and 200m Backstroke.

Whether you want to achieve your Olympic dreams, compete in local competition, compete at school sports, or just stay fit, we are here to help you reach your goals!

**Season 2009/2010 has already commenced, first training session is free!**

**Contact:** Des Phillips, 51456365, if you have any questions.  
Or go to [www.saleswimming.org.au](http://www.saleswimming.org.au)