



# COME n TRY

## FREE SESSIONS ALL TERM

**MONDAYS 5.30pm-6.30pm**

**WEDNESDAYS 6pm-7pm**

**at SWIMSKOOL Keegan St, Mount Gambier**

- ◆ **Do you like swimming?**
- ◆ Can you swim 50m without stopping?
- ◆ **Are you looking to challenge yourself?**
- ◆ Would you like to swim for fitness, fun, improve your technique of all four strokes and compete in a swimming competition?
- ◆ **Would you like to meet new people and make new friends?**
- ◆ **Then how about doing some FREE Come n Trys with your local swimming club; Blue Lake Y?**

*Please arrive 15 minutes before start of session and bring goggles, drink bottle and towel*

**[bluelakey.swimming.org.au](http://bluelakey.swimming.org.au)**

**For more information contact Helen Bignell**  
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