



# Stowmarket Swimming Club

Founded 1888

[www.stowmarketswimmingclub.org.uk](http://www.stowmarketswimmingclub.org.uk)

c/o: Mid-Suffolk Leisure Centre, Gainsborough Road,  
Stowmarket, Suffolk IP14 1LH. Tel: 01449 674980

Achievement through Swimming for all

## YOGA Land Training

Dates for Yoga with Tim  
Held in **Studio One**

For swimmers in main pool **8.00pm onwards**:

Friday - at **7.25pm** for “**8.00pm to 9.00pm**” swimmers

Friday - at **8.00pm** for “**9.00pm to 10.00pm**” swimmers

9<sup>th</sup> April 2010

23<sup>rd</sup> April 2010

14<sup>th</sup> May 2010

28<sup>th</sup> May 2010

18<sup>th</sup> June 2010

25<sup>th</sup> June 2010

9<sup>th</sup> July 2010

23<sup>rd</sup> July 2010

**All invited swimmers should attend,**  
**this is a requirement of swim 21 and will of**  
**course help your flexibility**

Sylvia

Affiliated to:  
Amateur Swimming Association  
East Region Amateur Swimming Association  
Suffolk Amateur Swimming Association

Swim21