



Stowmarket Swimming Club

Founded 1888

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

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

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

Friday - at **7:30pm** for “**8.00pm to 9.00pm**” swimmers

Friday - at **8:00pm** for “**9.00pm to 10.00pm**” swimmers

2nd March 2012

23rd March 2012

13th April 2012

27th April 2012

11th May 2012

25th May 2012

8th June 2012

22nd June 2012

6th July 2012

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