



## **Come and Try Open Water Swimming 2015**

**Saturday 11<sup>th</sup> July: Knockburn Sports Loch, nr Banchory**

Have you ever thought of having a go at Open Water Swimming but not been sure where to go or how to start? After the success of last years' event Scottish Swimming are now offering the opportunity to give swimming in the open a try for the second year.

We are offering complete beginners sessions, as well as intermediate sessions for those who are not so new to the sport but would like to develop their skills. There is also a junior session for children aged between 10-15 years of age.

The sessions will be coach led and will be held in a safe, supportive and fun environment. The event will be held at Knockburn Sports Loch, near Banchory, a venue built with open water swimming in mind. The sessions are open to all swimming abilities and ages. Why not come along and have a go at something new and refreshing!

To watch the video of our event at the Helix Lagoon from last year and to find out more information and how to book on please [click here](#).

Also, keep an eye out on the Adult Section of our website at [ScottishSwimming.com/swimsocial](http://ScottishSwimming.com/swimsocial) for new and exciting opportunities to take part in swimming.