



If you're age 7 or over and can swim 1 length of the pool on your front and back then you can

## **JOIN POYNTON DIPPERS!**

**Poynton Dippers aim to encourage all ages and abilities to swim whether for fun for fitness or for personal achievement.**

Our club enjoys competing in galas and club events, but we are aware that competition is not for everyone, so swimmers just wanting to improve technique and fitness are also very welcome at Dippers.

We are very lucky to have an experienced and accomplished coaching staff, some of whom still compete at national and European level, including our very own current British Masters Gold medallist.

### **CONTACT US**

call Colin Cliffe on **0161 285 3368**  
call Donna Martin on **01625 872155**  
email **info@poyntondippers.com**  
website **poyntondippers.com**



### **OUR SESSIONS\***

Saturday's –  
**Fledgling Dippers**

Tuesday's & Thursday's  
(session 1) –  
**Junior Dippers**

Tuesday's & Thursday's  
(session 2) –  
**Adult Dippers**

\*Junior Dippers wishing to swim extra sessions with the fledgling or adult Dippers are welcome to do so where we have available spaces. We will always try to accommodate anyone with an enthusiasm for swimming more!

Find us at  
Poynton Leisure Centre,  
Yew Tree Lane,  
Poynton,  
Cheshire SK12 1PU  
**Poyntondippers.com**