

SYNCHRONISED SWIMMING



Email: CardiffSynchroClub@outlook.com

COGAN LEISURE CENTRE

SUITABLE FOR LENGTH
SWIMMERS

AGES 8-16

Working
towards
gradings
and
competitions!



TUESDAY AT 6:30-8PM
6:30-7 DRY SIDE STRETCHING
7-8 IN WATER TRAINING

You need to be an able swimmer wave 6 and above
for ages 8- 16years for boys and girls.