



Armadale Masters Swimming Club



Hi Swimmers,

Saturday 29th April was the last aerobics at the Armadale pool until we return in November. Only a small group of five swimmers turned out to braved the rain but bar a shower at the end, the morning was nice and sunny. We were fortunate to have Lexie come down and help with the time keeping, thanks Lexie.

It is tremendous to see the members gaining confidence and embracing the longer timed aerobic swims. Janette Edwards and Zita Olsen tackled the $\frac{3}{4}$ hour freestyle swim and completed 1650m and 1925m respectively in the allotted time. Simon Stiles did a one hour breaststroke swim and covered 1925m. Well done to all three swimmers. Jeff Sanders and I stuck with the shorter distances of 400m and 800m.

Thanks again to Lexie for helping and the next Aerobics will be at St Brigid's on Thursday 17th May.

Happy Swimming,

Graham.