



Armadales Masters Swimming Club



Hi Swimmers,

The saga of the pool not open then open on Thursday's Aerobics had as off to a shaky start. Greg arrived after 5pm and the pool was all lockup with no one to be found. Greg let me know on his way home and I sent out the first email saying the pool was closed. About 20 to 30 minutes later Jeff arrived and the pool was open so another email. The pool should have been open from 3:30 but was not opened until the second shift of staff arrived. So in the end there were six members doing aerobic and three training.

Gillian Caruso pulled off a double with a PB and Club Record in her 400m Freestyle. Janette Edwards 800m and Jeff Sanders 400m breaststroke swims produced PBs. Everyone did two aerobic swims which is always encouraging to see the commitment and effort.

Graham.