



## Armadale Masters Swimming Club



Hi Swimmers,

The much stronger turnout to both the aerobics and training on Tuesday night was good to see. In recent times the number of members at training has been low. Greg Frey was coaching and utilised two lanes for training and two lanes were used for aerobics.

Yvonne Hunt produced an excellent PB swim in taking over 2 second off her 400m freestyle. The rest of us were a little way off our PBs and there was no Club Records set.

Ross Doherty helped with the timekeeping, nice to have Ross back even if not in the pool. I also spotted something we have not see for awhile, Michelle Hollamby flying up and down the training lane.

Graham.