

# Competitive club swimming in Newbury



- Newbury District Swimming Club is holding its next trial soon.

**Trials take place regularly on a Thursday**

**Any swimmer at stage 8 or above is welcome to try out**

- Trials take place at Northcroft Leisure Centre at 6pm
- Newbury is a small, friendly SwimMark accredited club and our swimmers compete regularly throughout the year at county, regional and national level
- Swimming is a great all round activity which helps keep your child fit and healthy, but without high impact stress on their bodies
- Training and competing in a club also helps them develop great friendships, a strong work ethos and teamwork



For more details visit [www.ndsc.co.uk](http://www.ndsc.co.uk) or email Jenny Goodman at [goodman.jenny@yahoo.com](mailto:goodman.jenny@yahoo.com)