



SWIMMING CLUB

IF YOU LOVE SWIMMING, ARE TRAINING FOR A SPECIFIC EVENT, WANTING TO IMPROVE YOUR STROKE TECHNIQUE OR JUST LOOKING FOR A WAY TO MAINTAIN YOUR HEALTH AND FITNESS, OUR SWIMMING CLUB COULD BE JUST FOR YOU!

MEMBERSHIP DETAILS

Our swimming club is open to all competent swimmers and membership grants you access to our pool within certain time slots. Each slot is an hour long. You may swim as often as you like within the month as long as it is according to the allotted slots.

COSTS

ADULTS	R250 per person per month
KIDS	R150 per person per month
KIDS SQUAD	R60 per session

TIMETABLE

MONDAY	08h30 & 17h30
TUESDAY	15h30* & 17h30**
WEDNESDAY	08h30 & 17h30
THURSDAY	15h30* & 17h30**
FRIDAY	13h00 only

* KIDS' SQUAD SESSION

Commencing Jan 2017. Open to all kids (8 yrs & up) that can already swim and want to improve their strokes and swimming ability. There is an extra cost per session. These sessions are coached by Theresa Dicey and should be booked with her directly. Only paid up club members may participate.

** ADULT SQUAD SESSION

These sessions are designed to encourage a squad swimming group and we will supply a programme and occasional coaching. No extra cost.

GET IN TOUCH TO BECOME A MEMBER

PHONE: 021 859 5193 or EMAIL: info@trailsend.bike

CLUB RULES

- Entry via main Trail's End (Hotel) gate only.
- Swimming caps are compulsory.
- Clockwise swimming at all times.
- No hanging of towels or clothes on the railings or around the pool.
- Outside showers are only for rinsing off.
- Please dry off as much as possible before using inside showers and be considerate of our guests.

PAYMENT DETAILS

ACCOUNT NAME: Trails End Bikes (Pty) Ltd

BANK: Standard Bank, Helderberg

ACCOUNT NUMBER: 072410310

BRANCH CODE: 033012

Please use your full name as Payment Reference and
send proof to pieter@trailsend.bike

WWW.TRAILSEND.BIKE



follow us @TrailsEndZA