



Hampshire
County Council
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HART SC

Affiliated to The ASA South East Region



www.hartsc.org

TRIAL SWIMS AT HART SC

Would you like to try out for HART swimming Club?

You may come along for 3 x free trial swims at our home pool

Hart Leisure Centre—Thursdays and or Sundays

You will need to arrange your first trial with the head coach by telephoning her at home during the day (Karen is on poolside Sun-Fri evenings inc. and away most weekends at Competitions)

What you need to bring with you:

Your swimming goggles, a hat for girls (and boys with long hair), a drink of water/squash in a plastic bottle. Girls, you must wear a one piece suit and boys, Swimming trunks—please NO board shorts ('jammers' are perfectly acceptable)

Karen will ask you to fill in a form with contact details, your trial dates are logged on the form.

You are accepted: The membership Secretary will issue a new members pack which you will collect at your first training session.

We assess swimmers all year round with the exception of School Holidays

**We do take older swimmers with a previous background in Competitive Swimming.
Our Masters Squad were County Champions in 2008, 2006 & 2005**

Contact:
The Head Coach
Karen Marchant

Phone:
01252 684 385

Please note: We do not have Water Polo & Synchronised Swimming Squads.