



Long Course Training at Stirling

September – December 2010

Swimmers from Scottish Juniors, Youth National, Youth and Seniors are invited to attend training sessions at Stirling on the following dates.

All sessions are from 16.00 – 18.00 hours.



There are a total of 10 sessions and the cost is £40 for the block, payable in advance. Please register your swimmer and pass cheques for £40 payable to InCAS to Linda Rae, Janine or Derek Pirouet.

Please note limited places are available and shall be allocated on a first come first served basis.