

A blue-tinted photograph of several swimmers in mid-dive at a swimming pool. The swimmers are in various stages of their dive, with some already in the water and others just above the surface. In the background, spectators are visible in the stands, and a 'British Gas' logo is on a wall. The overall scene is dynamic and captures the action of a swimming competition.

GO ON, DIVE IN & JOIN US

# InCAS PRESENTATION EVENING

FRIDAY 20 AUGUST 2010 @ 7.00pm  
AT THE CIVIL SERVICE CLUB,  
CASTLE ROAD, ROSYTH.

TICKETS: £4.00 PER ADULT / CHILDREN – FREE  
BUFFET & DISCO INCLUDED.

PLEASE LIAISE WITH QUEENIE BRUCE TO PURCHASE TICKETS.