



ASA South West

Open Water Development Course

Sat 30th May & Sun 31st May 2015



www.swimwest.org

An Introduction to Open Water Swimming and Sea Training at a residential weekend in Weymouth.

Swimmers £90

Must be 12 years or over with some experience of distance swimming

Officials £70

Continual Professional Development (CPD)

Note: There is a £20 supplement for participants outside of the South West Region.

“It was a fantastic weekend. Four of the swimmers went on to successfully complete a very fast channel swim!”

John Helme on the 2013 Course.

NB. Places are limited so please book early.

**For more information please contact
John Helme (Open Water Secretary)**

Email: openwater@swimwest.org Tel: 07714 329726

