



Armadale Masters Swimming Club



Hi Swimmers,

Tuesday's aerobics saw thirteen swimmers dip their toes in the water with most completing two swims. Yvonne Hunt was the top performer with a PB in her 400m freestyle and Linda Cragg was close to her PB. Stan Brandwood established a new Club Record in the 400m freestyle. For the rest of us it is more training if we wish to produce a PB!!!

A number of swimmers swam the same stroke and distance as they had in the 17th May aerobics. While this is completely fine you will only receive points for ONE swim, the fastest in the month. So bear that in mind when selecting your strokes and distances for next month's two aerobic sessions.

Please always check for previously started aerobic sheets under your name section in the aerobics folder prior to starting a new recording sheet. A number of swimmers started new sheet when they already had a recording sheets for the same aerobic stroke and distance.

Happy swimming,
Graham.