

Wimmin' Swimmin' March 2025

Report by Annie Clouston

Our wimmin are gaining confidence and skill in the certainty that their flotation will not be disrupted by pool-bullies, walruses, hippos and other aquatic nuisances. Noodles were again in use this month and there was an outbreak of anarchic play when a beach ball was batted about.

For those who wanted to improve their technique, Shirley was on hand and her help was most appreciated. There was also advice on goggles for those who are disinclined to have their eyeballs popping out with the suction of the racing-type instruments of torture: try Aquasphere Seal Masks available online from a number of suppliers of swimming kit. However, goggles are a trial and error sort of a thing, everyone's face is different and the perfect fit therefore can be elusive.

Our next session is on Saturday 26 April at Teesdale Leisure Centre from 4-5pm. If you would like to join us please contact Sue Overton, sueoverton@hotmail.com.