

Wimmin Swimmin Report August 2025 by Annie Clouston

Wimmin Swimmin has certainly become a thing! Look at the merch...a recent birthday has brought a crop of cards and these stunner-socks – unimaginable a few years ago. It's a bit like wimmin cyclin – three years ago it was hardly possible to find a picture on a birthday card of a lass on a serious bike with a ferociously competitive glint in her eye. Now they're almost as available as those of lads in lycra.



Our wimmin swimmers are enjoying their peaceful pooltime, some even finding their zen. But I'd like to give a shout-out to our Shirley, star of the TM and the telly in her role as volunteer driver. However in our context she is indispensable; a one-time swim coach, she gives very helpful support and advice to everyone on the continuum of timid-to-confident swimmers, before launching herself up the pool resplendent in snorkel and flippers. Our grateful thanks Shirley, it wouldn't be the same without you.

Swimming is very beneficial as all round non-load bearing exercise and our sessions aim to make everyone feel safe and relaxed. We would welcome any woman who wants to give it a go.

Ruth and Sue will be there to greet you at our next session on Saturday 27 September from 3-4. Two further sessions have been booked for 25 October and 22 November. Meanwhile, I'm off to Turkey for a meet-up with other wimmin swimmin, this time for a week-long festival of swims in the warm (25C), turquoise, and deliciously salty waters of the Med. Carpe Diem!