

Wimmin Swimmin' - Report by Ruth Lapworth

With 2 of our group away and almost certainly swimming in warmer climes the rest of us resorted to the tranquil waters of the pool at Teesdale Leisure Centre. The less experienced are now getting used to bringing and using the various accessories needed for an enjoyable swim. These include a good cap and goggles, a pair of flip flops to get from the changing room to the pool as well as shampoo and body wash and of course a good towel for drying off after a warm shower at the end of the session.

Great progress has been made by two of the group who were unable to swim when they joined. One is now floating with the aid of a noodle and the second is confidently swimming breaststroke over a short distance. The rest of us take the opportunity to practice our strokes or just enjoy the opportunity to relax in the water without worrying about bumping into other swimmers.

For any female u3a member who has never tried to swim or perhaps did so many years ago but now lacks confidence to have a go this is a perfect opportunity to try in a friendly and welcoming environment. The next sessions are 25 October and 22 November from 4-5 pm. Please contact Sue Overton if you would like to join us.