

Wimmin Swimmin Report November 2025 by Annie Clouston

There have been great strides – or should I say strokes – made in the sessions at Teesdale Leisure Centre where we have exclusive use on Saturdays once a month from 4-5pm. Our two non-swimmers now have become waterborne as a result and we are very proud of them. I can't help thinking that there must be other women members who, terrorised by previous pool experiences or just unfamiliar with pool routines, would really benefit from the joy of weightlessness and non-load-bearing exercise and the satisfaction of conquered fears. The supportiveness and encouragement of the group is an added bonus.

My mother, a lifetime supporter of swimmers, but who was exceptionally timid about swimming, eventually had lessons aged 66 and regretted she hadn't done it much sooner. Admittedly she would never win a medal in the veterans' swimming championships, but she did get a great deal of pleasure in Aquarobics and could keep an eye on father, whose prowess in the pool attracted a fair bit of rival female attention.

When summer returns some of our swimmers may feel emboldened to take a trip to an open water venue; the river Tees offers some excellent pools, see below, the Mill Pond at Bowes is beautiful, and our nearest swimming lake at Ellerton near Scorton offers a safe and clean swim for the more confident swimmer.

Our next session is on Saturday 22 November, and because of proximity to Christmas there will be no session in December. We will resume in January at a date to be arranged. All women are welcome, contact me for further information.

The River Tees below Egglestone Abbey



The Mill Pond Gilmonby

