



**Livingston & District Dolphins ASC**

# OPEN DAY

Livingston and District Dolphins the premier swimming club in West Lothian are holding an open day on Sunday 16<sup>th</sup> October 2011 between 230 pm and 4pm at St Margaret's Academy. The main objective of the day is to help raise the awareness and benefits of swimming and also to promote the club and what it has to offer.

The day will be very informative and you will see demonstrations from swimmers of all abilities both on land and in the water and you will be encouraged to join in.

Although our main goal is to offer swimmers a competitive pathway in swimming we also cater for swimmers who cannot commit to the requirements of being a competitive swimmer.

Why not come along and meet with some of our coaches, committee and swimmers and discuss the club and what it can do for you.

If you are unable to attend on the day but are interested in finding out more about Livingston and District Dolphins please [email : g.torrance@sky.com](mailto:g.torrance@sky.com).

