



You smashed it BMSC swimprovers! Well done on a terrific club day with over 70 of us pulling together to have fun and learn together.

Feedback has been positive and we're delighted that all swimprovers enjoyed their pool time, video feedback, dry land training, skills refinement and total club relays. Keep talking to us so we can keep improving the day for you.

Thank you to all the volunteers who made it happen, have a great

