



HOW can I Participate? – SIGN up www.swimforamile.com –

(Select INDOOR Challenge, BOOK Event & sign up to Templeogue College Swim Pool)

OPTIONS @ TEMPLEOGUE COLLEGE SWIM POOL - Pay as You Go – www.tcsp.ie IN ADVANCE

1. Morning LADIES Lengths Class (with Coaching Available) *(normal admission applies)*

- LADIES Lengths Class Wednesday or Friday @ 9am

2. Evening Coached Group Sessions (with Coaching Available) *(normal admission applies)*

- PARENT & TEEN Class Monday @ 8:15pm
- MASTERS Coaching Monday & Wednesday @ 9:00pm

3. Morning sessions *(normal admission applies)*

- Lane Sessions Mon, Tue, Thu & Fri am @ 07:15 to 08:15am

4. On my OWN or with friends more casually *(normal admission applies)*

- During Lengths Sessions check www.tcsp.ie for lengths options

FOLLOW US on



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@swimforamile
@swimireland

The actual **FACILITY SWIM for a MILE EVENT** will take place in the Templeogue Pool on **Fri April 14th 2023 from 07:00 & 10:00am**. Participants unable to attend Fri AM who have reg'd to do the swim in TCSP will be facilitated Tue 11th & Thu 13th between 07:00 to 09:00 to complete their swim. Ladies on Wed AM will also be facilitated to their swim also. Masters participants should also discuss options to complete on Mon & Wed PM with coaches on deck