



Weekly Swimming at Wyresdale Park

Swimming at here is such a beautiful location. This is a privately owned lake swimming is only permitted during sessions organised by me.

Please arrive with swim wear on as there are no changing facilities, there are toilets outside at the back of the Cafe, so treating it as a wild swim. We are asking swimmers to change at their vehicles and not bring clothing and bags to the jetty. The swim costs £5, for the hour, the water is laboratory tested and each session is life guarded and kayak support provided by Annie.

These are weekly swims on Winter hours Monday 9-9.45 / 9.45 - 10.30 & Friday the same.

A short walk from the car park about 50m keep the lake on your right and you will come to the jetty. The lake is lovely to swim in, peaty in colour the entry point is next to the jetty, starts off shallow then quickly gets deeper. Swimmers will be checked in on arrival and asked to check out as you pass the boat jetty so that I know you are out of the water.

How to book for a weekly swim - go to the website www.attitudeswimcoaching.org / on the menu bar - Online bookings page. Our Services will appear, select weekly swims, select day and time then click book now, then fill in your details. It will ask you for payment or if you prefer to pay cash on the day select manual payment. Alternatively you can pay via BACS account details ANNA Business Account - Attitude Swim Coaching 13939728 sort code 04-03-70 day.

We are exiting at the next jetty so leave any items there, valuables can be left with Annie. I recommend entering with flip flops or socks,

carry then short swim to next jetty so that they are there for when you exit. There will be a buoyed circuit for you to follow if you wish approx 300-400m. Please sign out on exiting with the member of staff on the Jetty.

Happy Swimming

Annie Kendrick

Wyresdale Park, Snowhill Lane, Scorton, Preston PR3 1BA