



## Weekly Swimming at Wyresdale Park

Swimming at here is such a beautiful location. Due to current COVID 19 restrictions, please try to observe the 2M rule or at least 1M. 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 by Annie.

These are weekly swims on Monday and Thursday mornings only. Please complete the medical /consent form so that we comply with 'Track and trace policy', then book a time slot.

A short walk from the car park about 20m 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](http://www.attitudeswimcoaching.org) / open water swimming -heading / then click the weekly swim page - Then hit the black button which says **Book session** select the time you want to swim at and fill in details.

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 pay via BACS if possible account details ANNA Business Account - Attitude Swim Coaching 13939728 sort code 04-03-70 or via cash on the day.

Happy Swimming

Annie Kendrick

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