



**HAVE YOU HAD RECENT SURGERY OR
ILLNESS AND SWIMMING IS
RECOMMENDED AS GOOD EXERCISE?**

THEN CONTACT:-

**THE SUSSEX OTTERS
SWIMMING CLUB**

Registered Charity No. 297006.

**COME FOR A SWIM AND BRING YOUR FAMILY, ALL AGES AND
DISABILITIES WELCOME.**

**WE MEET EVERY SATURDAY BETWEEN 4.30 p.m. AND 5.30 p.m
AT THE WESTGATE LEISURE CENTRE – CHICHESTER
AND
WE HAVE EXCLUSIVE USE OF THE LARGE POOL**

**HELPERS ARE ALWAYS AVAILABLE, BOTH IN THE WATER AND IN THE
CHANGING ROOMS. THERE IS A HOIST AND SHALLOW STAIRS FOR
EASY ACCESS INTO THE WATER,**

**MEMBERSHIP COSTS £6 A YEAR FOR AN INDIVIDUAL,
£8 FOR FAMILY MEMBERSHIP, OR £15 FOR GROUP MEMBERSHIP.**

PLUS £3.00 PER SWIM, PER PERSON.

**COME FOR A TRIAL SWIM BEFORE YOU DECIDE TO JOIN, YOU WILL BE
VERY WELCOME.**

CONTACT FOR MORE DETAILS: 01243-539181

OR JUST COME ALONG ON ANY SATURDAY.

**The Sussex Otters operate a Child/Vulnerable Persons Protection Policy.
All helpers in the pool, at the poolside and in the changing rooms have
Enhanced DBS Checks.**