



## Southwark Aquatics Swimming Club Spotlight

Southwark Aquatics Swimming Club is based in the heart of South-East London catering for swimmers aged 8 and above who want to take their swimming to competition level. Run by parents, it aims to be as inclusive as possible; hence it offers the most competitively priced fees in the area. The club has three squads for young swimmers – Academy, Development and Top – as well as a Masters for adults.

The club prides itself on its tight-knit, family-oriented culture – in addition to honing their skills as swimmers, the children make lasting friendships, learn to work together and support each other as a team, and enjoy club-run social events. Not only does swimming offer children fantastic health benefits, it also fosters a positive body image of strength and wellbeing. SASC swimmers enjoyed notable success this year with record numbers competing at the Surrey County Championships and one swimmer taking part in both the English and British National Championships.

### Training Times and Location

Training is at Seven Islands Leisure Centre, Monday to Wednesday, Friday and Sunday evenings. The Castle Leisure Centre on Thursday evenings.

### How to Join

Visit [southwarkaquatics.co.uk](http://southwarkaquatics.co.uk)

### Contact Details

[info@southwarkaquatics.co.uk](mailto:info@southwarkaquatics.co.uk)

### Follow Them

Twitter: [@SouthwarkAqua1](https://twitter.com/SouthwarkAqua1)

