

S E P T E M B E R 2 0 2 0

So the air is getting cooler, the leaves are starting to change colour on the trees and the nights are just beginning to draw in... The water temperature at the moment remains toasty warm (22.5 last week) but soon Tom and the crew at Lake 86 will be altering their opening hours to reflect the changes.

There's still plenty of time to get some quality coaching in before the lake closes at the end of the month. It's a great time to check in with your stroke technique and make a plan for the autumn/winter season to fix any little niggles and sloppyness that have crept in during lockdown.

To help you pack it in whilst you can Tamara's September Special Offer is here!

Available from 01st to the 18th September (subject to availability and lake opening hours). When you book a 1 to 1 coaching session you will automatically qualify for 10% off a 2nd session. You can use this yourself or gift it to a swimmy friend to share the love!

Ts&Cs are simple.... Both sessions must be taken between the dates shown above. Sessions cannot be carried over to the 2021 season. Sessions are dependent on satisfactory completion of a health questionnaire by all swimmers. If you gift your discounted session to a friend they must mention this at the time of booking in order to get their discount. Usual Ts&Cs apply regarding cancellations, wetsuit use etc

In other news.... Video sessions are now good to go so get in touch if you want to know more about how they can work for you!!