

Swim FOR A MILE



BECOME A CONFIDENT
SWIMMER IN 2018!

What is Swim For A Mile?

Swim For A Mile is a training programme from Swim Ireland designed to get adults and children, from 12 years of age, back in the pool and swimming regularly. The ten-week programme will progress you from swimming two-lengths of a swimming pool in a session to swimming a full mile (1600m) with confidence!

How do I register?

Simply go to www.swimforamile.com and sign up. We will deliver each weeks training programme direct to your inbox. Around 30 pools across Ireland are taking part in the challenge, Tipperary training venues are Clonmel, Sean Treacy Memorial and Thurles Leisure Centre - who will be Tipperarys' Event Venue. Please speak to the pool reception for more information. To fully register for the event day you must login, select Thurles Leisure Centre as your event venue and pay the registration fee.

How do I stay motivated?

Keep motivated by reading our weekly newsletters, attending our Swim For a Mile training or attending one of our Technique Clinics! If you aren't feeling confident enough to do the mile, why not grab a swim buddy and follow our 800m programme!

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