

# PNSC SWIMMING CLUB TRIALS



Would you like to join **Portsmouth's leading swimming club?**

To book a free trial with us contact: [admin@pnsc.org.uk](mailto:admin@pnsc.org.uk)

For more information visit: [www.pnsc.co.uk](http://www.pnsc.co.uk)



## Learn to Swim

For children of 3 years and up, we offer a fun filled Learn to Swim programme, giving children the right skills to be fit, healthy and safe in the water. Developing the confidence to fly through the water.

## Competitive Squads

Starting with our Academy squads (Stage 6+), moving all the way through junior competitive squads to Senior Performance and the National squad. We cater to a wide range of abilities supporting the swimmers to reach their greatest potential, taking them to the top.

## Development Squads

Our development pathway is our non-competitive pathway. Providing swimmers with good quality coached training for fitness.



pnsc\_swimmingclub



Portsmouth Northsea Swimming Club



@PortsNorthseaSC

