



Fun, Fitness & Community for all ages (4-80!)



Bilgola Rock Pool



Saturday mornings, Oct 18th - Mar 28th



Total cost: \$40 per swimmer

What We Do

- Handicap races:
15m, 25m, 50m
- Parent & child relays
- Poolside BBQs
& canteen

Why Join?

- Welcoming family -
friendly vibe
- For swimmers of all
abilities
- Build strength &
confidence in water

To join, either register online or come down to the pool on Sat 11th October between 9-11am.



info@avalonbilgolaswimming.asn.au



[@avalonbilgolaswimming](https://www.facebook.com/avalonbilgolaswimming)



[@avalonbilgolaswimclub](https://www.instagram.com/avalonbilgolaswimclub)

www.avalonbilgolaswimming.asn.au