

Annual Fitness Test

Written by Brendan
Friday, 23 December 2016 22:21

2017 is almost upon us, please note that the Annual Fitness Test is being held in the Gleneagle Pool on Thursday 19th Jan 2017 at 7.45pm.

This MUST be completed by ALL members otherwise you will NOT be insured. See below to be completed in one session:

- Snorkel or Swim 200m without stopping without Fins in 10mins or less
- Snorkel dive with Fins & Mask & Fin 25m Underwater.
- Tow a Snorkel Diver 50m.

Also make sure your annual medical disclaimer is completed.

P.S. Happy Xmas & Prosperous New Year!