

# Greydogs

## NEWSLETTER

STROKE

CLUB

MASTERS

www.greydogs.co.za

Hi all Masters Swimmers

We start our Masters Fitness programme for the third quarter on Tuesday 17<sup>th</sup> July.

**Dates:** Tuesday 17<sup>th</sup> July - Thursday 20<sup>th</sup> September (10 weeks)  
Including 27<sup>th</sup> Sept  
Excluding 9<sup>th</sup> Aug

**Weekly timetable:** Coach: Marusa

Tuesday	Thursday
7:30-8:30 Masters Fitness 8:30-9:30 Masters Fitness	7:30-8:30 Masters Fitness 8:30-9:30 Masters Fitness

**Cost:** R1070/swimmer/quarter. All fees are expected at the beginning of each quarter/term.

Early bird fee is R1020, if fees are paid before 20<sup>th</sup> July.

**Prorata:** If you wish to may per session it is R70/session.

**Bank details:**

Greydogs, 62610907828, FNB, Business Cheque acc, branch 250655, ref "T3 &swimmers name".

Proof of payment can be emailed to [lucy@greydogs.co.za](mailto:lucy@greydogs.co.za)

*Internet banking is our first payment choice. Cheque payments (made out to Greydogs (Pty) Ltd) or cash payments need to be put into a marked envelope with the swimmers name. Thanks.*



the  
greydogs  
swimming  
team

