

PDO Family Bay Swim

Introduction to Sea Swimming

Friday 10th May 8am – 9am (arrive 7:45am)

All ages welcome

- * Participants swim entirely at their own risk.
- * Parents are responsible for the safety of their children.
- * No formal support will be provided.
- * No registration required.
- * Open to PDO club members.

100m laps ...
You choose how many

