

Chwaraeon RhCT  
Sport RCT

**Pontypridd  
Swimming  
Club -  
Masters  
session**

**DELIVERY PARTNERS**





1

NEW GROUP

8

NEW MEMBERS

FEEL HEALTHIER

100%

FEEL HAPPIER

100%

ARE MORE ACTIVE, MORE OFTEN

100%

FEEL MORE CONFIDENT

100%

MADE NEW FRIENDS

100%

WILL CONTINUE TO BE ACTIVE

100%



“It has been a **lovely experience** meeting **new people** and reconnecting with old **friends**. I feel **healthier** for swimming, improving my **fitness** and overall **health**. The coaches are very patient with us. I am enjoying the sessions.”

“I was initially apprehensive about joining, but PSC masters has turned out to be exactly what I wanted. Swimming with a **friendly** group of likeminded folks, and coaches that offer **advice** and technique **tips** to improve efficiency.”

“It doesn't matter your previous level of swimming – **everyone is welcome.**”

“Love the **community** and **fun** competitiveness. Everyone is so **welcoming** and willing to share knowledge and tips.”



EXERTING  
REDUCES ISOLATION EXERCISE  
PEER SUPPORT FITNESS  
CHALLENGING STAMINA FUN WELCOMING  
MASTERS SWIMMING EFFICIENCY  
SMILES FRIENDLY  
ENJOYABLE SUPPORTIVE  
KNOWLEDGEABLE EXCLUSIVE  
FREESTYLE