

# PARA SWIM TRAINING

There are 3 venues for you to swim:

## VIRGIN ACTIVE

This can be found just 100m from the Hotel Osner. It is a private gym, that will allow athletes to swim in the heated pool, but you will have to pay R170 per entry to the gym.

## ORIENT BEACH

This is the beach where the event will be held on Sunday. It is 1,3 km along the beachfront from the Hotel Osner.

Lifegaurds are on duty, so please report to the tower and tell them you are swimming. You may be asked to pay a small amount on the Thursday and Friday.

## JOAN HARRISON POOL

5 lanes have been reserved for Para athletes in this Olympic size pool from 08h00 – 17h00 on Friday, 18 March. A booking schedule is posted in reception at Hotel Osner.

The other half of the Olympic pool and 2 water polo pools are also available for training.

The pools, without lane ropes, are also available on 17 & 19 March but athletes will need to pay R12 entry fee.

Eugene's Transport can take and fetch athletes from the pool. Athlete's to arrange own transport.