



Club Trial Session

Do you have a child in school year 2, 3 or 4 who loves to swim and is keen to progress?

Did you know children can compete from the age of 9? At CoStA we offer fun filled sessions where we build upon the learn to swim programme and prepare our young swimmers for the exciting world of competitive swimming, in a supportive and nurturing environment.

In recent years CoStA has been one of the most successful clubs in Hertfordshire competing in local, regional and national competition. We train at various pools in central St Albans and have swimmers from the age of 6-20+

We currently have spaces in groups at the younger end of our club for swimmers who are currently at the equivalent standard of Swim England stage 5 or above. Sessions are 1-2 times per week

St Albans High School for Girls Pool

Saturday 8th February 2025

3pm – 4pm

For more information and to book your child a FREE trial session, please email preclub@costaasc.org

Come and join us and live life in the fast lane!