

# Dunfermline Amateur Swimming Club



<http://www.dasc-swim.co.uk/>

- Swim Better ?
- Keep Fit ?
- Make friends ?
- Have Fun ?

In a safe and friendly environment with a team of friendly faces who have your best interests at heart...

With....

- Qualified Coaching
- Flexible swimming sessions
- Galas and competitions to participate in.
- Sensible non profit based fee structures.

Structured Progression Paths

LEARN

**Dolphins**

**Bronze**

DEVELOP

**Silver**

**Gold**

PERFORM

**Junior Performance**  
**Performance**

SUSTAIN

**Platinum**

Please Contact :

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BRITISH  
Swimming