



GROUP COLD WATER SWIMMING - WITH CHILL

April - June 2024 - Lyme Regis



EVENT OVERVIEW

Group Cold Water Swimming with Chill.

The course will run on the following dates -
Monday 8.30am Lyme Regis Seafront on
8th/15th/22nd/29th April, 13th/20th May, 3rd &
10th June.

The benefit of cold-water immersion for the
treatment of depression and anxiety has long
been known and practiced.

QUOTES

“A great course, with a great bunch of people. A
good distraction from life's issues and problems.”

“Clients tell us that ALCS is a lifeline for them
helping them through a very difficult phase of
their lives bringing some sanity and comfort at an
otherwise turbulent time.”

TESTIMONIALS

The chill cold water swim course was a brilliant,
exhilarating experience from start to finish with a
great instructor, volunteers and group. I would
recommend it to everyone of all abilities.

THANKS TO

Macmillan, Chill & Volunteers



10 in attendance

HOW LIKELY ARE YOU TO RECOMMEND THIS EVENT
TO ANOTHER CLIENT? 5/5

