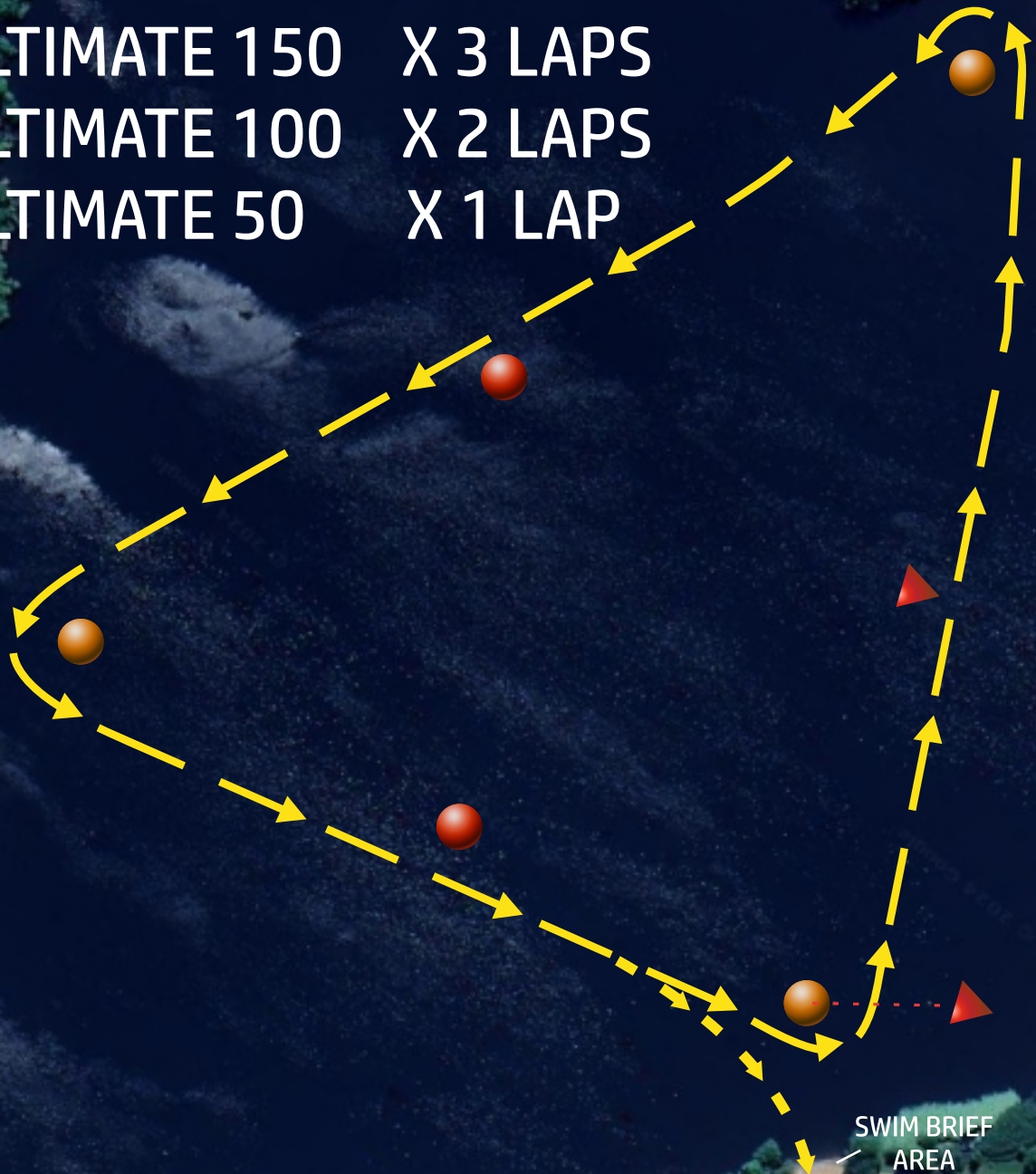


# UK ULTIMATE SWIM COURSE

ULTIMATE 150 X 3 LAPS  
ULTIMATE 100 X 2 LAPS  
ULTIMATE 50 X 1 LAP



ONE LAP = 1km