



## Swimming Report 2022

Our little band of sea swimmers continues to grow as more people recognise the benefits of swimming in the lee of the harbour and the opportunity to use the club facilities, should they care to join. Currently, there are probably around 23 of us who regularly swim at the harbour with probably quite a few others who dip in occasionally (pardon the pun) and, on a lovely (summers) day, there may be 10 - 12 of us in the water together. Often followed by après swim drink, cake and blethers.

We have thoroughly enjoyed the fun days and have taken full advantage of the opportunity to try new activities. We also welcome the chance to meet other club members in a social environment and feel the club is very inclusive both to those on the water and in the water. This has been said to be a rare phenomenon amongst sailing clubs and has been commented on by passing tourists on more than 1 occasion.

Quite a few members took advantage of the Introduction to (local) Tides, Wind and Waves training offered by Graham Bull who also discussed the contours of the seabed surrounding the harbour and how this will affect us as swimmers. We gained important safety-related knowledge from this training and greatly appreciated Graham giving up his time.

Some of our swimmers also swim in local lochs and at Rosemarkie beach – weather and tourists permitting -and we have a few hardy souls amongst us who successfully took part in the Kessock Ferry Swim during the summer and there's talk of a repeat performance in 2023.