



Cold Water Swimming...

... what's all the fuss about?

Ein Dŵr is a project to help you to find out! It is open to everyone and costs nothing to participate.

Come along to a FREE taster session to discover more about our marine environment, its benefits and how to access them in a way that's safe and a whole lot of fun.

Find out more at
thebluetits.co/pages/ein-dwr



All sessions are fully insured and led by qualified accredited staff.

Ein Dŵr is a new and innovative project funded by NRW and delivered by The Bluetits Chill Swimmers in partnership with Pembrokeshire Coastal Forum.