

Play . . .

# UNDERWATER HOCKEY

with . . .



Beginners / Intermediates (mixed): (St Albans Sub Aqua Club)  
Westminster Lodge, St. Albans, Wed, 8.45pm

Advanced players (mixed):  
The Venue, Borehamwood, Tue, 8.45pm

Ladies-only session:  
Westminster Lodge, St. Albans, Thu, 7.45pm



Underwater Hockey was devised in the UK in 1954. It is now played in more than forty countries around the world and has been played in St Albans since 1974. Over the years the club has supplied a number of players to the Great Britain World and European Championship teams. Play for fun, play for fitness, play for your country: the sky's the limit!

**For further information please contact  
Nick or Ali on 01727 835378**

or visit our web site:  
[www.stalbansunderwaterhockey.co.uk](http://www.stalbansunderwaterhockey.co.uk)