



OPEN TEACHING SESSION

EVERY*

SUNDAY 12:00-13:00.

Friendly and helpful instructors available for advice
Swim as a family and improve confidence and strokes at
the same time

1:1 help with specific issues

Regular users notice great improvement in children's
swimming ability with extra practice

Swimming aids available

This session is open to any one looking for some advice
on swimming; you do not need to be in the Learn to Swim
Scheme to attend. No booking required.

This is a great opportunity to build water confidence in
non-swimmers and also help those in our Learn to Swim
Scheme improve on specific areas of the assessment
criteria.

NORMAL ADULT: CHILD RATIO'S APPLY AS FOR A FAMILY SESSION.

If you have any questions regarding this session please see
reception. Or phone us on 01224 744933.

* Please see website for pool closures *