

Ask us about

# adult swimming lessons today!

Specific adult only sessions run in small groups

## Be a Swimmer

- Start swimming independently
- Learn at your own pace
- Enjoy sociable lessons with others at your level
- Build up your overall fitness
- Improve your confidence

[swimming.org/learntoswim](http://swimming.org/learntoswim)



TYR®

 Swim  
England