

# Ask us about adult swimming lessons today!

Specific adult only sessions run in small groups

## Be a Better Swimmer

- Improve your swimming technique
- Develop your stamina and overall fitness
- Enjoy sociable lessons with others at your level
- Build up your overall fitness
- Improve your confidence

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



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Swim  
England