

# Ask us about adult swimming lessons today!

Specific adult only sessions run in small groups

## Be Water Confident

- Learn a new skill – relaxing, sociable and fun
- Enjoy time in the water with family and friends
- Build up your overall fitness
- No previous swimming experience needed

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



TYR®

Swim  
England