

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



TYR

Swim  
England