

# ADULT SWIMMING LESSONS



## CRASH COURSES

*10x half hour lessons over a  
7 week period*

## TERMLY LESSONS

*A half hour lesson, each week  
throughout the term*

## MONDAY TO FRIDAY

*lunchtime & evening lessons  
available*

**WE TEACH ALL AGES & ABILITIES**

**including, NERVOUS NON-SWIMMERS,  
BEGINNERS & SWIMMERS**

Have you been meaning to do something about your swimming but never got around to it?

Whether you want to learn to swim, improve your stroke and style or just keep fit.

Planning a Holiday and would love to make the most of the swimming available, but just don't have the confidence!

Too embarrassed that you might make a fool of yourself in the water in front of others!

Have you had swimming lessons before but felt you gained very little? Are you still frightened, unable to swim or uncomfortable in the dreaded deep-end?

Adult lessons do not take place during school holidays

**FOR MORE INFORMATION, OR TO BOOK YOUR LESSONS  
PLEASE ASK AT RECEPTION, OR CALL US ON 020 8349 1945**