



Supported by 



Take the plunge with Beau Sejour Swim School!

We believe that swimming is a life skill that everyone should have! The ability to swim well is one of the most valuable skills you can acquire. Not only can it be a life saver in an emergency but it is also great fun and an excellent way to keep fit.

Beau Sejour Swim School is currently the only Swim 21 accredited swimming lesson provider in Guernsey. (*Swim21 is the Amateur Swimming Association's quality mark. It recognises that the Swim School provides the best possible swimming tuition at all levels*)

The Swim School's team of ASA qualified teachers have a wealth of experience in teaching swimming and are passionate about the sport.

Courses are provided as follows:

- ✓ Adult and Child
- ✓ Pre-School
- ✓ After School
- ✓ Senior Training Group (11 years plus)
- ✓ Rookie Lifesaving
- ✓ Adult Learn to Swim
- ✓ Adult Stroke Technique
- ✓ Water Polo Fitness

Casual day time sessions are offered as follows: *(No need to advance book)*

- ✓ Aquatots
- ✓ Adults – all standards
- ✓ Aquafit
- ✓ Aquazumba

For details about all the sessions provided please contact the Swim School. Tel: 747240

Learn and develop the skill of swimming and discover a whole new world of aquatics



beausejour.gg



