

ADULT EVENING LEARN TO SWIM COURSES

Would you like to embark on a new life skill in 2017?

We understand the fear of water and appreciate how intimidating the pool can be. Possibly you've had a bad experience or maybe you've never had the opportunity to learn. We also understand how an inability to swim, or to swim well, can cause frustration and embarrassment and inhibit participation in family water based activities.



Swimming is a life skill and it's never too late to learn, so why not take up the challenge and join a course?

Our ASA trained teachers have a wealth of experience and understanding. They will gently encourage you and guide you through the early stages of swimming, developing water confidence and skills and building self-esteem. You will enjoy a sense of achievement as you progress and reach the milestones of swimming.

These classes take place within the swimmer's depth i.e. water of a depth where the swimmer can stand. Non-swimmers/early swimmers of all ages

are invited to take up the challenge to learn to swim within a calm and protected environment.



Please contact the Swim School office telephone 747240 for further information or to book.

Courses are held at Beau Sejour and booking is required.

Monday 6.30pm - 7.00pm (non-swimmers and early swimmers)

Wednesday 6.00pm - 6.30pm (non-swimmers)

Wednesday 6.30pm - 7.00pm (Early swimmers - 10 metres unaided)