

women only swim sessions

5.00pm - 6.00pm every sunday

Friendly, relaxed sessions in a screened area with a female lifeguard.

Ages 14 years and upwards welcome.



and lessons...

Build water confidence and learn basic swimming techniques.

This course is designed for non-swimmers and beginners aged 14 years and above. Lessons are given by a fully qualified female instructor.

for further enquires and to book lessons,
phone **01293 585300**

