

# Adult Improvement Classes



If you are looking for a new goal this year, why not make it swimming. Swimming concentrates on all areas of fitness. Swimming is good for aerobic development, muscle toning, strength development and weight loss.

Improvements in swimming style and technique can help achieve faster fitness results in the pool.

There are plenty of practices we can give you to help you achieve your overall GOAL. Even for those who are more athletically advanced who pursue Triathlons.

Classes will be taking place every Tuesday and Wednesday lunchtime from 12-12.45pm. To attend one session will cost £5.00, to attend both sessions will be £9.00. The maximum amount of people in each session is six.

To book now and save disappointment, contact the Swimming Co-ordinator Dale Buck on  
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