

Adult Swimming Lessons

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Non Swimmer Develops water confidence and introduces basic stroke and skill practices

Beginner For swimmers able to swim 5m on front and back without aids. Increase water confidence and develops basic stroke improvement and technique.

Improver For swimmers able to swim one length (20m) on back and front, improves stroke technique and water confidence.

WEDNESDAY

19:00-19:30	Adult Beginner	Paul Oliver
19:30-20:00	Adult Improver	Paul Oliver
20:00-20:30	Adult Stroke Improvement	Paul Oliver
20:30-21:00	Adult Non-swimmer	Paul Oliver

**NO MATTER
WHAT YOUR AGE,
WE CAN TEACH YOU
TO SWIM.**

*“Swimming can be a fun way to keep fit.
It’s also a great sport for all the family”*

Clubs & Therapists



BOSCOMBE BEACH LIFEGUARDS

Sundays 6.00 – 7.00pm
Location: Swimming Pool
Contact: Chris Grant 07984
187599

DORSET TAEKWONDO

Contact: Chris Samuals
07815 292312
www.dtkd.co.uk

KUNG FU

Contact: Timothy Davies
www.academy-shaolin.co.uk

ESSENTIAL KRAV MAGA

Contact: Jim Maidment
Tel: 07775 952274
www.essentialkravmaga.co.uk

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