

## Adult Swimming Lessons – Starting in January 2012

### **BOOK NOW**

#### **Mixed Ability Lessons**

Wednesday 12.15pm-1pm

Swimming lessons will involve the teaching of beginner and improver levels. A class set during an off peak time at your Leisure Club and small in numbers, ideally suited to the beginner and improver.

#### **Beginner Lessons**

Wednesday 6pm – 7pm

These set of lessons concentrate on adults that would like to build their confidence in the water through floatation exercises. The course will include the teaching of floating, kicking and the use of arms on the front and back. The tail end of the course will focus on the introduction of the early stages of breaststroke. An excellent course for the learner.

#### **Improver Lessons**

Wednesday 7pm – 8pm

These set of lessons will focus on the development of the main strokes (front crawl, backstroke and breaststroke). There will also be tuition in the breathing techniques for front crawl. An excellent course to improve your swimming techniques.

Starting for 8 weeks from the 11<sup>th</sup> of January

Leisure Club Members: €60 for members / €95 for non members

Telephone: 09064 42010

## Adult Swimming Classes

January & February 2011