

## Adult be water confident swimming lessons

If you have no previous swimming experience or have had a bad experience in the past. These classes will give you the confidence to get into the pool safely, be able to move around the pool with confidence and not panic if splashed.

Sessions: Sunday 12:30 – 13:00



**For more information:**

Web: [www.everyoneactive.com/centre/lutterworth-sports-centre](http://www.everyoneactive.com/centre/lutterworth-sports-centre)

Telephone: [01455 200800](tel:01455200800)