

Free Swimming Lessons for Adults ~

During this spring Lancaster City Amateur Swimming & Water Polo Club will be running a short swimming course for Adults who are either non-swimmers or lack the confidence to swim.

The sessions will take place on Thursday evenings at 9.30pm and will consist of a 6 week course aimed at preparing you for further swimming lessons, or just to give you the confidence to develop your own swimming at the end of the course.

Places are free but are limited due to pool space.

For more information contact :

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