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# SWIMMING CLASSES FOR ADULTS **CASUAL SESSIONS**

Tuesday/Thursdays\*\*/Fridays during term time 9.30-10.30 am  
Learn to Swim / Improve your Stroke Technique / Advanced Training Session  
\*\* Thursday session for competent swimmers only

*All levels of ability catered for by our team of qualified ASA Teachers*  
**No need to advance book.** Ask in Reception for 'Adult Group Swim'  
Cost: £4.90 Members (£5.90 Non-Members)



## **PERSONAL TUITION**

Individual instruction available for all levels.

Option of video analysis by special arrangement.

Book your personal swimming teacher and enjoy fast results!

£18.70 for 30 minute class members (£19.70 Non-Members)



Enquiries to: Beau Sejour Swim School, Amherst, St Peter Port. GY1 2DL Tel 747240

*Accredited by the ASA as a Premier scheme for swimming programmes*





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Specsavers



## **EVENING SWIMMING COURSES**

***Advanced booking required***

### **LEARN TO SWIM COURSE**

*Non-swimmers of all ages are invited to take up the challenge to learn to swim.  
Wednesday evenings 6.00-7.00 pm*

### **BEGINNER COURSE**

For adults who have attended a 'learn to swim' course or who would like to develop their stroke technique over short distances.

*Wednesday evenings 6.00-7.00 pm*

### **IMPROVER/INTERMEDIATE COURSES**

For adults who are confident swimmers but would like to develop their stroke technique over 25 metres.

*Wednesday evenings 7.00-8.00 pm*

**ASA Qualified Teachers**

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