



## Take the plunge with Beau Sejour Swim School!

We believe that swimming is a life skill that everyone should have! The ability to swim well is one of the most valuable skills you can acquire. Not only can it be a life saver in an emergency but it is also great fun and an excellent way to keep fit.

Beau Sejour Swim School provides structured lessons for all ages and abilities

The Swim School's team of ASA qualified teachers have a wealth of experience in teaching swimming and are passionate about the sport.

Courses are provided as follows:

- ✓ Adult and Child
- ✓ Pre-School
- ✓ After School
- ✓ Rookie Lifesaving
- ✓ Adult Learn to Swim
- ✓ Adult Stroke Technique

Casual day time sessions are offered as follows: *(No need to advance book)*

- ✓ Aquatots
- ✓ Adults – all standards
- ✓ Aquafit

**For details about all the sessions provided please contact the Swim School. Tel: 747240**

*Learn and develop the skill of swimming and discover a whole new world of aquatics*



