



Learn to Swim

FAMILY LESSONS

Minimum of two people per family (both must fit criteria below).

OVER 11 YEARS OF AGE

One of three categories:
**NON SWIMMER, BEGINNER
OR WEAK SWIMMER**

Learn to Swim Learn to Swim Learn to Swim Learn to Swim

These sessions are being offered for non to weak swimmers who cannot swim more than 10meters at one time. Participants must be over 11 years of age; anyone under 11 will be allowed to swim for £1 but will not be part of the lesson.

For more information ask at your local BPL swimming pool reception or contact **Edward Lim** on **01226 738 661** or email edward.lim@bpl.org.uk

www.bpl.org.uk
enquiries@bpl.org.uk





EXERCISE REFERRAL

Recently had a GP Referral,
want to learn to swim but
unsure where to start?

OVERWEIGHT

Are you overweight and want
to learn to swim but not sure
where to start?

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