

FREE SWIMMING LESSONS IN TOWER HAMLETS DURING FEBRUARY HALF TERM

Throughout the February Half Term and in partnership with Tower Hamlets Council we'll be offering FREE swimming lessons for local children and young people aged between 7-11. Lessons will take place at Tiller Leisure Centre and include:

Foundation Swimming Lessons:

Teaching pupils the essential swimming skills to ensure they learn to be safe in and around water. Learning the basic techniques for all 4 strokes, achieving 10 metres on Front Crawl and Backstroke by the end of their Green milestones.

For more information and to book, email phil.kemp@gll.org




BETTER



FREE SWIMMING LESSONS

To celebrate Tiller Leisure Centre reopening to the public earlier this year, We're pleased to offer children aged 7-11 the opportunity to take part in our intensive swimming programme.

Take part in five days of back to back 30 minute swimming lessons.

Timetable (14th - 18th February)

Session – Main Pool	Age group	Time
Foundation	7-11	09:00
Foundation	7-11	09:30
Foundation	7-11	10:00
Foundation	7-11	10:30
Foundation	7-11	11:00

For more information and to register your interest, email phil.kemp@gll.org

Terms and conditions and Swim Safely rules apply. Speak to a member of staff for details. Offer available at participating Better leisure centres in Islington only. Maximum of five weeks available. Spaces subject to availability. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398