

# FREE SWIMMING LESSONS IN TOWER HAMLETS DURING OCTOBER HALF TERM

Throughout the October Half Term and in partnership with Tower Hamlets Council we'll be offering FREE swimming lessons for local children and young people. Lessons will 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.

## **Development Swimming Lessons:**

Teaching pupils advanced swimming skills, developing their techniques on all 4 strokes to create efficient and effective swimmers.

For more information and to book, email  
[phil.kemp@gll.org](mailto:phil.kemp@gll.org)



# FREE SWIMMING LESSONS

We have a variety of different options for you to choose from - Swimming is an important life skill that will enable you to safely enjoy the water for a lifetime so why not take the opportunity to learn, this half term, for free.

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

Timetable (25th October - 1st November)

Session – Teaching pool	Age group	Session – Main Pool	Age group	Time
Foundation	4-11	Development	7-11	09:00
Foundation	4-11	Development	7-11	09:30
Foundation	4-11	Development	7-11	10:00
Foundation	4-11	Development	7-11	10:30
Foundation	4-11	Development	7-11	11:00
Foundation	4-11	Development	7-11	11:30

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