

A photograph of three young women in a swimming pool. They are wearing swim caps and goggles, and are smiling. The woman on the left is wearing a white swim cap and blue goggles. The woman in the middle is wearing a pink swim cap and goggles. The woman on the right is wearing a black swim cap and goggles. The background is a blue swimming pool with a white tiled edge.

Learn to swim with Us Girls!

8 week swimming course
from 4 July 2016 for
females aged 17 – 25 years

in partnership with



active
newham

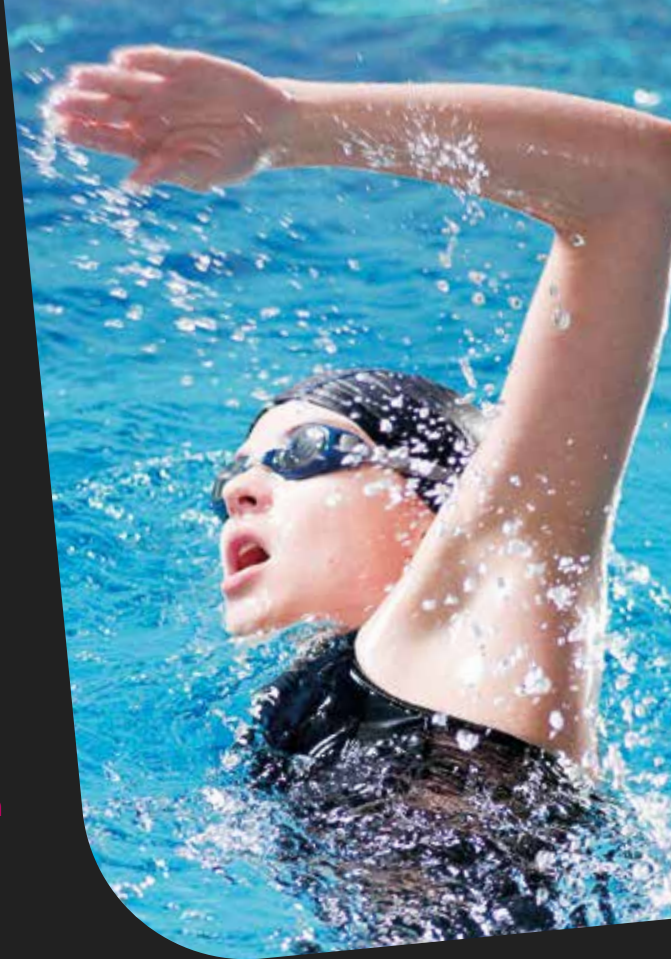
Would you like to feel more confident in the water and have always wanted to learn to swim? Have you have had lessons and want to progress further? This programme will suit everyone!

Our female only sessions create a female only space within the pool, however some sessions may be staffed by male lifeguards if female lifeguards are not available.

- 8 weeks from 4th July - 22nd August 2016
- Females aged 17-25 years only
- Two courses available: 7.00pm - 7.30pm or 7.30pm - 8.00pm
- £24 for the 8 week programme
- Female swimming instructors

Booking and payment can be made via the **activeNewham** call centre: **0300 124 0123**[†]

[†]This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or 'free' minutes in the same way as regular landline numbers.



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With

