



# Adult Swimming Lessons

**Lessons available for all abilities**

Friendly classes in a relaxed environment



Operated by D C Leisure in partnership with North Wiltshire District Council

Leisure Centre in North Wiltshire  
owned and supported by  
*North  
Wiltshire  
District  
Council*

# You can learn to swim at any age at The Olympiad Leisure Centre

Our group lessons enable adults of all abilities to learn to swim.

Learn to swim at The Olympiad Leisure Centre and you can benefit from:

- Improved health and fitness
- Improved confidence in the water
- Learning a new skill with like minded people
- Increased enjoyment of other water based activities
- Improved stroke technique and triathlon training
- Progression at your own pace

Learning to swim will enable you to enjoy our other water based activities including drop in coached lane swimming for fitness, early morning swims, water workout classes or just enjoy time with family and friends in all our pools.

**For further details on our course programme, please contact our Swimming Academy Co ordinator on 01249 444144 extension 549.**



**The Olympiad Leisure Centre**

Sadlers Mead, Monkton Park

01249 444144

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[www.theolympiadleisurecentre.co.uk](http://www.theolympiadleisurecentre.co.uk)