



Adult Swim Lessons Update

With the new updates regarding the covid restrictions, from the 17th May we will be able to increase our swim adult lessons in the Indoor Pool.

Beginners Adult Swim Lessons

Adult Beginners Swim lessons will return to the Pool Timetable on Tuesdays at 1pm to 1.45pm. As you know, this is a programmed lesson led by a qualified swim teacher – **Alice Boscolo** – focusing on technique and stroke correction for beginners or adults that wish to improve technique.

The session will start on Tuesday 18th May and will continue during term time only. Bookings will be available with 3 days in advance through our website, Health Club Reception or call 020 8480 4245.

Adult Swim Training Sessions

Currently, the Adult Swim Training Sessions are being delivered only in the Outdoor pool. From the Monday 17th May, the location of the sessions change accordingly:

- Mondays – 9am to 9.45am – Indoor Pool *
- Thursdays – 9am to 9.45am – Outdoor Pool**

*Swimmers will be able to use the Changing Rooms

** Swimmers will have to continue to use the Outdoor Changing Rooms

Bookings will be available *three days in advance* via the Members' website, Health Club Reception or by phone to Health Club Reception on 020 8480 4245.

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