



# Adult Swimming Lessons

## New Course Starting

**Wednesday 19th Oct - 16th Nov 2016**

**7.45pm-8.25pm**

**5 week course €50**

**Members €45**



- **Beginner (starts learner pool)**
- **Beginner (Shallow end of main pool)**
  - **Improvers (standing depth)**
  - **Deep water confidence**
  - **Learn to lane swim**

[portarlingtonleisurecentre.ie](http://portarlingtonleisurecentre.ie)

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