

ADULT SWIMMING LESSONS

It's never too
late to learn
(or improve
your technique)



ACTIVECENTRES.ORG
☎ 0300 333 0300

Active
Lifestyle Centre

INSPIRING
ACTIVE
LIFESTYLES

ADULT SWIMMING LESSONS

Here's what our customers say about our swimming lessons:

Thornbury Active Lifestyle Centre
Contact us for more information
on 0300 333 0300

“Lessons have improved my regular breaststroke as well as teach me front crawl. The coach manages to target our individual needs as well as all round practise for strength and improvement. The sessions cover complete beginners to improvers. I love my Thursday lessons and the badges are a fab bonus.”

“On holiday, the wife and kids would have great fun in the pool or on boat trips while I had to stand back and watch. This was not as much fun [even with a pool bar] so at the age of 50 I decided to learn to swim. Within a few weeks I was competent enough to join them in the pool and now, 3 years later it's usually me starting the water fun off!”

“Having had 2 major ops on my neck – learning to swim has been the best form of physio I could possibly have done. The level of instruction and support is superb and now I hate missing my Thursday sessions.”

“Very convenient location and time. I'm very happy having my confidence back. My improvements in lessons has had a huge impact in my daily life and I'm very grateful. A BIG thank you to my teacher for being so supportive! I've met new friends I'm going to keep for life. Love earning badges and I've gone up to stage 8!!”

“Adult lessons at Thornbury were recommended to me by a swimming friend to help improve my stroke and speed. Excellent alternative coach. Easy to get to Thornbury from North Bristol, and the parking is free and accessible. It's great that adult lessons are taken so seriously here.”



- Over 700 people drown in the UK and Ireland every year – equivalent to one person drowning every 20 hours
- Adult lessons are suitable for anyone aged 18 years+ who can't swim or would like to improve their stroke
- Don't miss out on life experiences and making memories i.e taking children or grandchildren swimming, swimming with dolphins, going in the sea or enjoying water sports
- If you pay for lessons by direct debit you can swim for FREE at anytime.