



RHYBUDD CYHOEDDUS

PUBLIC NOTICE

SUMMER HOLIDAY MASTER CLASS INTENSIVE SWIMMING LESSONS

Only £16.00 PER WEEK

WEEK 1 BREASTSTROKE	23,24 & 26TH JULY
WEEK 2 BUTTERFLY	30TH, 31ST JULY & 2ND AUGUST
WEEK 3 BREASTSTROKE	6,7 & 9 AUGUST
WEEK 4 BUTTERFLY	13TH, 14TH & 16TH AUGUST

3.10PM—3.40PM

AVAILABLE TO W3 AND W4, HOWEVER W5 CAN JOIN IN IF THERE IS SPACE

BOOK NOW TO AVOID DISSAPOINTMENT

CONTACT SIAN LANCASTER FOR FURTHER DETAILS



gwella iechyd - mwynhau bywyd improving health - enjoying life