

DAYS OUT WITH DAD

for everyone...

beginners* to
club swimmers,
dads and
children

3 instructors
to help you
improve

*All swimmers should
be able to swim a
minimum distance of
1 length (25m)



front crawl
needn't be
tricky.

problems
breathing?

sinking legs?

exhaustion?

ineffective
kick?

poor catch?

SORTED!

FREESTYLE TECHNICAL WORKSHOP

CHILDREN AND DADS
£5 / HEAD

ALL ABILITIES

Sunday 20th October 2.45pm - 5pm

Monmouth

Booking essential via WWW.DAYSOUTWITHDAD.ORG.UK

or phone 01981 260062