

# Learn to Swim in London

from: Swimming Lessons London

**Price:** £0.00

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## Description

The learn 2 swim programme for adults is well defined with clear objectives to enable understanding and development of the mechanics of the 4 strokes. It allows for rapid progress through the Levels whilst encouraging individuals to build up stamina in their own time. \* swim strokes are broken down until performed in a fluid movement \* correct execution of movements is taught & practised \* controlled steps for consistent improvement \* Totally tailored to suit your ability.



<https://mail.thegreenpaper.co.uk/classified/learn-to-swim-in-london-3515.html>