

Learn to Swim in London

from: Swimming Lessons London

Price: £0.00

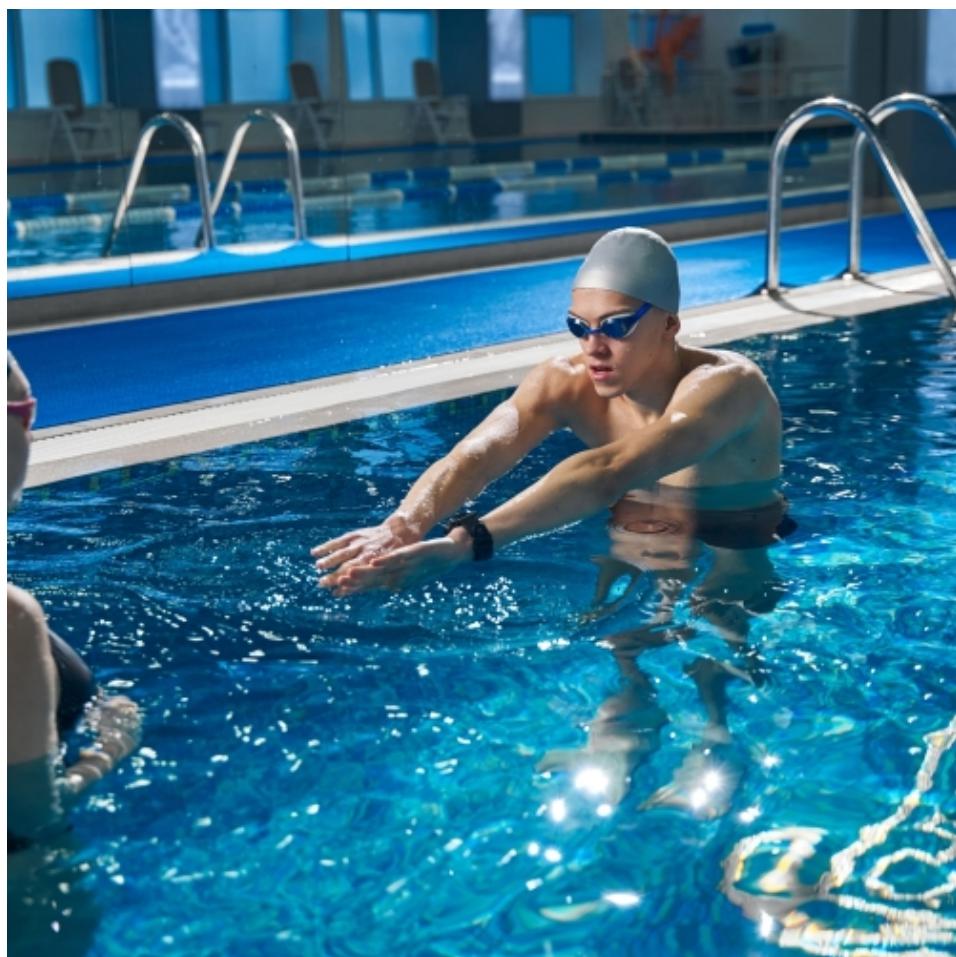
Date: 2023-05-02 17:44:47

Expiration Date: 0000-00-00 00:00:00

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>