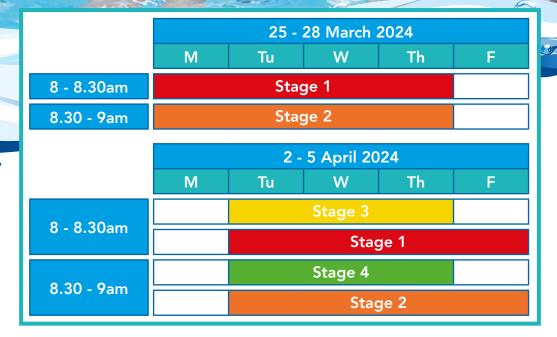
## Crash COUCSE Swimming Lessons

## Thirsk & Sowerby Leisure Centre



Holiday crash-courses are the perfect way for children to enjoy their time off and release their energy! They are ideal for introducing a non-swimmer to the water or for swimmers to work on specific aspects of a stroke. Each lesson is 30 minutes just like the weekly swimming lessons.

## Bookings are available now, ask at reception or call 01845 522447

## zest-leisure.co.uk

Thirsk & Sowerby Leisure Centre

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