



Improve your skills and water confidence while feeling the benefits of open water swimming

Every Thursday Starting on 6 June for 12 weeks 10.30am - 12.00pm

An opportunity for people aged 55 and over to enjoy the benefits of open water swimming with the support of qualified trainers and lifeguards.

Each session costs £4 including wetsuit hire and refreshments

To book and pay for a place call

0333 241 2340

email info@ageukdevon.co.uk or visit www.ageuk.org.uk/devon **Starting location: Teignmouth Lido Eastcliff Walk Teignmouth TQ148TA**







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