

Swim to the Sea



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
TQ14 8TA

