

Swim to the Sea



Improve your skills, fitness and wellbeing through open water swimming

Wave 7 from 9 June 2022
Every Thursday for 8 weeks
Group 1 - 11am - 12pm
Group 2 - 12 pm - 1pm

Wave 8 from 11 August 2022
Every Thursday for 8 weeks
Group 1 - 11am - 12pm
Group 2 - 12pm - 1pm

For anyone aged 55 and over to learn how to safely swim in open water with qualified trainers and lifeguards at Teignmouth Beach.

Each wave is £40 including refreshments.

To book a place please call

0333 241 2340

email info@ageukdevon.co.uk

or visit www.ageuk.org.uk/devon