

Learn to Swim in London

from: Swimming Lessons London

Price: £0.00

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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.



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