

**GL1**

# SWIM SCHOOL COURSES

January - April 2015

All lessons now 30 minutes

**ADULT DROP  
IN LESSONS  
INDIVIDUALLY  
PRICED CLASSES**

For more information on  
all the classes available  
please see reception  
or call 0845 643 4203



**T&Cs apply**

[www.gl1.org.uk](http://www.gl1.org.uk)



# ADULT DROP IN LESSONS

## ADULT SWIM COURSES: JANUARY – APRIL 2015

CLASS	DAY	TIMES	DATE OF LESSON	EXCLUSION DATES
Ladies Only Beginners/Improvers	Mon	12.00 – 12.30	05/01/15, 12/01/15, 19/01/15, 26/01/15, 02/02/15, 09/02/15, 23/02/15, 02/03/15, 09/03/15, 16/03/15, 23/03/15, 13/04/15, 20/04/15, 27/04/15	16/02/15 30/03/15 06/04/15
Mixed Beginners/ Improvers	Tues	11.15 – 11.45	06/01/15, 13/01/15, 20/01/15, 27/01/15, 03/02/15, 10/02/15, 24/02/15, 03/03/15, 10/03/15, 17/03/15, 24/03/15, 14/04/15, 21/04/15, 28/04/15	17/02/15 31/03/15 07/04/15
Mixed Beginners	Thur	19.00 – 19.30	08/01/15, 15/01/15, 22/01/15, 29/01/15, 05/02/15, 12/02/15, 26/02/15, 05/03/15, 12/03/15, 19/03/15, 26/03/15, 16/04/15, 23/04/15, 30/04/15	01/01/15 19/02/15 02/04/15 09/04/15
Ladies Only Beginners	Thur	19.30 – 20.00	08/01/15, 15/01/15, 22/01/15, 29/01/15, 05/02/15, 12/02/15, 26/02/15, 05/03/15, 12/03/15, 19/03/15, 26/03/15, 16/04/15, 23/04/15, 30/04/15	01/01/15 19/02/15 02/04/15 09/04/15
Ladies Only Beginners	Thur	20.00 – 20.30	08/01/15, 15/01/15, 22/01/15, 29/01/15, 05/02/15, 12/02/15, 26/02/15, 05/03/15, 12/03/15, 19/03/15, 26/03/15, 16/04/15, 23/04/15, 30/04/15	01/01/15 19/02/15 02/04/15 09/04/15

## PRICES

### DROP IN CLASSES

Non-member **£5.27**

Aspire 20% **£4.25**