



**Whether your child is looking to learn to swim, or you are trying to tighten up your technique for your next open water swim or triathlon, or just improve your fitness, come and join us at Trifarm Swim School.**

**You will find Sarah, Ruth and Rachel poolside at the Royal Hospital School, Holbrook, IP9 2RX from 6pm-9pm on Thursday evenings during term time.**

- **Classes cover the Swim England Learn to Swim levels 1-8 for children from 4 years & upwards. 30 mins 6pm-6.30pm or 6.30pm-7pm and 60 min 7pm-8pm.**
- **We also offer the RLSS Rookie Lifeguard Course for more able children.**
- **For adults we offer fitness and coaching sessions to improve both your technique and endurance and cater for all abilities, 60mins 7pm-8pm & 8pm-9pm.**
- **30 minute lessons cost £8.25, 1 hr lessons are £11.25. Classes payable termly in advance.**
- **Small groups for maximum progression.**

**If you have any questions or would like to book a free trial lesson for you, or your child, then please give Ruth (07969 891803) a call or message us on**

**<https://www.facebook.com/Trifarmswimschool>**

