

FREE swimming lesson at Total Fitness Preston this Autumn half term

Make sure the kids stay active!

<http://beckyadlingtonsswimstars.com/celebration-days>

Hi Parent,

Becky Adlington's SwimStars are offering your child the chance of a FREE swimming session over the Autumn half term at Total Fitness Preston. The date of the event is:

Thursday 3rd November between 2pm – 3pm

SwimStars is run by Britain's most successful swimmer, Becky Adlington, so they know a thing or two about swimming.

They currently teach over 6,000 children a week to swim and want to make sure all children can swim by the time they leave primary school.

Here is some information about the free session:

- Available for children of all abilities from 3 years and up
- Only 6 children per session
- Teachers are in the pool with the lower ability groups

To register please click on the link below, places are limited so don't miss out!

<http://beckyadlingtonsswimstars.com/celebration-days> or call **0161 979 0499**