



## ABERDEEN LTS Adult Lessons

We now offer adult swimming lessons at Grammar School Pool on a Sunday afternoon at 2.45-3.15pm. This pool is great for adult swimmers, as there is no public viewing. The swimmers range from those who are totally terrified to those who are competent swimmers who want to improve their technique.

Adult lessons are very rewarding for both the swimmers and the teachers and are tailored to what the swimmer wants to achieve.

For more information, contact Shona, the LTS Administrator:

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or

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Murray - teacher