



Press Release

South Gloucestershire Leisure Trust

November 27th 2009

'Learn to Swim today'

South Gloucestershire Leisure is running adult swimming courses for anyone aged 16+ of any ability in a bid to get more people to try out swimming.

The adult courses range from complete beginner upwards and run during the evenings when pool space is allocated to adult swimmers. It is never too late to learn to swim and any fears of water can be overcome under the guidance of our swimming teachers.

Swimming is one of the best all-round activities you can do; offering a whole range of benefits, including weight loss, promoting general health and wellbeing and is also a very sociable activity. It is also a sport that can be enjoyed by all ages.

Adult courses are running at Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate Leisure centres. To book your place today please call 0300 333 0300.

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South Gloucestershire Leisure

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Note for editor

South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. Yate is one of five leisure centres it operates in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.

All press releases can be found online at:

www.sgleisure.org/press_releases

For further information, please contact James Clifford, Head of Marketing for South Gloucestershire Leisure Trust on 01454 867065 (work) or 07712630579 (mobile).

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