

LEARN TO SWIM FOR FREE!

A WEEKLY ADULT SUPPORT AND SWIM CLASS FOR MENTAL HEALTH AND WELLBEING



AIM/Hounslow Parent Carer Champion Network in partnership with Hounslow Swimming Club are running the following adult learn to swim/general swim sessions for free at:

**HESTON HYDE HOTEL POOL/SPA
NORTH HYDE LANE
HESTON, TW5 0EP**

**MON 29 JULY 10:00 - 11:00
MON 05 AUG 10:00 - 11:00
MON 12 AUG 10:00 - 11:00
MON 19 AUG 10:00 - 11:00
MON 02 SEPT 10:00 - 11:00
MON 09 SEPT 10:00 - 11:00**

Our parent champions are also available for 1-2-1 support for all parents 11:00 - 12:00 after each session

BOOK HERE >>



<< BOOK HERE

