



swim  
free

60 & over  
16 & under

swim  
4life

60 or  
over?

swim with us,  
it's free

It's free to swim at The Sovereign centre for people aged 60 and over from 1<sup>st</sup> April.

Whether you're a seasoned swimmer, want a bit of practice or you're a complete beginner, there's never been a better time to dive in!

Have fun and stay healthy

For more information call 01323 738822

