

# The Complete Package

## New Dates

Bedford Harriers is pleased to announce the continuation of Swim Instruction sessions on Sunday mornings and of the popular Saturday morning Coaching sessions. Sessions are open to all Bedford Harriers members

No need to book, just turn up with a smile.

**Swim Instruction Sessions – Sunday mornings - continues through to and including 16<sup>th</sup> December 2012. Re-starts on 6<sup>th</sup> January 2013 and continues through to and including 10<sup>th</sup> March 2013**

✚ Location	Bedford School Pool. Use Bedford School main entrance, Burnaby Road, off De Parys Avenue Post code MK40 2TT
✚ Time	7:30 to 8:30am
✚ Cost	£3:00 per sessions
✚ Intended for	Beginners, those lacking confidence and those wanting to learn front crawl
✚ What to bring	Swimwear, towel, £3.00, swim goggles if you have them, enthusiasm

**Swim Coaching Sessions – Saturday mornings – continues every Saturday until further notice (no Xmas or New Year break)**

✚ Location	Spa Pool (Old BHSG) Bromham Road
✚ Time	7:00 to 8:00am
✚ Cost	£3:00 per session
✚ Intended for	returnees, intermediates & more experienced swimmers Lane 1 for improvers, Lanes 2 and 3 for intermediates and Lane 4 for more experienced swimmers

Contact details

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