

The Complete Package

Bedford Harriers is pleased to announce the commencement of Swim Instruction sessions on Sunday mornings and the resumption 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 - Starts Sunday 9th September 2012

🚦 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 - Recommences Sunday 8th September 2012

🚦 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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