

## Adult Learn-To-Swim Mon & Wed 5:00-6:00pm

18 Oct - 24 Nov (12 sessions over six weeks)

Living in our warm tropical climate, swimming is a part of life. For those of you who missed out on learning basic swimming skills when you were younger, this is for you!

A six-week beginners' swim course, delivered by Royal Life Saving Society NT (RLSSA-NT) instructors, that teaches basic pool skills, designed to build confidence in the water.

Bookings are essential, and it is important that you can commit to attend every session across the six weeks.

Location: Casuarina Pool, cnr Gsell and Angelo St, Casuarina Cost: \$5 + pool entry fee Contact: RLSSA-NT - 8981 5036 or <u>remoteswimsurvive@rlssa.org.au</u> Bookings Essential!

Build your skills & confidence

Healthy Darwin

Dive into

the Wet

Season!

## **darwin.nt.gov.au/healthydarwin** P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au