

Highwoods • Key to Sessions

Group Lessons

Swim Club

School Lessons

Just Swim

Ladies Just Swim

Aqua Aerobics

Party

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9.30am | 11.00am
Group Lessons

3.45pm | 5.45pm
Group Lessons

9.30am | 11.00am
Group Lessons

3.45pm | 5.45pm
Group Lessons

8.15am | 10.15am
Group Lessons

For further information please call 0845 838 8952 or email: colchester@firststrokes.com

Details on all of our lessons and activities can be found on our website at www.firststrokes.com



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