

Sunday Mermaid Lessons @ Beedinglee with Sara



Pupils need to have achieved Stage 4 in order to participate in these exciting lessons, which improve and strengthen leg kicks and core muscles, helping them to perfect Butterfly.

We can offer sessions **once a month on a Sunday at 12 noon** at Beedinglee. Maximum of 7 pupils permitted. Next dates:

12th January 2020
2nd February 2020
1st March 2020
5th April 2020
3rd May 2020
7 June 2020
5 July 2020

The cost is £17 per 45 minute session. You just need to call or email the office 01444-474573 to book.

Come and join the fun and get super Mermaid/Shark Fit!!!