

## 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 6 pupils permitted.

20<sup>th</sup> June  
18<sup>th</sup> July  
19th September  
17th October  
21st November  
12th December

The cost is £20 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!!!