

BETTER

**ADULT SWIMMING
LESSONS**



A Partnership with Active Cornwall and local Social Prescribing Network Partners to offer Adult Swimming Lessons targeting 45+ aged individuals as a referral pathway. Supporting adults to reduce the effects of low level health conditions through swimming.

**BETTER ST AUSTELL
LEISURE CENTRE**

**ADULT SWIMMING
LESSONS**

**TUESDAY'S & THURSDAY'S
LESSON 1 - 2.30PM - 3.00PM
LESSON 2 - 3.00PM - 3.30PM**

**ST AUSTELL LEISURE CENTRE -
CARLYON ROAD, ST AUSTELL, PL254DB**

**FUNDED THROUGH THE
TOGETHER FUND**



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