

Free Swimming Lessons

We are calling all non swimmers in Waltham Forest who are 60 or over to dive in to the offer of free swimming lessons at the boroughs leisure centres from 19th April 2010.

Part of the Government's £140 million Free Swimming scheme launched earlier this year, this nationwide initiative is designed to give more people the chance to learn to swim and become more active. This initiative is designed to give more people the opportunity to swim and maximise the health benefits of swimming. It is a key part of plans to leave a lasting legacy from London 2012 helping more people across the country to get active.

Run in conjunction with the Amateur Swimming Association (ASA), free swimming lessons in Waltham Forest will be delivered by GLL in partnership with the London Borough of Waltham Forest.

Waltham Forest residents who are non swimmers (60 and over) or lack the confidence to swim can benefit from a course of free lessons - 45 minutes sessions, in groups of 8-12 pupils over an eight week period. The course starts week commencing 19th April at the boroughs leisure centres. Details below:-

Cathall Leisure Centre
Wednesday 1.30 - 2.30 pm - Women Only

Leyton Lagoon Leisure
Tuesday 9.00 am - 10.00 am - mixed
Thursday 9.00 am -10.00 am - Women Only

Waltham Forest Pool & Track
Monday 11.30 pm - 12.30 pm - mixed

Anyone interested in joining a course of free swimming lessons should contact Borne GLL Community Development Officer on 020 8527 5431 or email him at bornmene.bariker@gll.org.