



get  
swimming

free lessons for  
non-swimmers at  
a pool near you

## Learn to Swim.... for Free!

As part of a National drive to get more people swimming more often, the ASA in partnership with Sport England and DCMS have been working hard to introduce **Free Swimming Lessons** at pools to provide opportunities to learn to swim.

Along with the free swimming for over 60's and under 16's at pools across the country, Cambridgeshire is also offering Free Swimming Lessons to anyone **over the age of 11** who **cannot swim** or are **lacking confidence** in the water.

The scheme offers you **six hours of free teaching**, where you will be in a class with **no more than 12 people** with a similar skill level to your own, and an experienced, and qualified swimming teacher.

There are no hidden costs; all you have to do is get yourself to a pool offering free lessons. – There has been no better time to get fit without going near a gym!

Do not miss a great opportunity to become more water confident so you can.....

- Feel safe in the water
- Keep fit through swimming & other water activities
- Enjoy swimming on holiday
- Take the kids swimming
- Take advantage of the free swimming programme (under 16 or over 60)

At present there are various pools running Free Swimming Lessons across Cambridgeshire. Therefore please see below a list of the pools that are currently, or about to start, running free Swimming Lessons. - Please contact the centre of your choice and book a place on a lesson now.

- Melbourn Sports Centre, South Cambridge - [info@melbournsports.com](mailto:info@melbournsports.com) / 01763 263313
- Sawston Sports Centre, South Cambridge - [info@sawstonsports.com](mailto:info@sawstonsports.com) / 01223 712555
- Bottisham Sports Centre, East Cambridge - [sportscentre@bottishamvc.org](mailto:sportscentre@bottishamvc.org) /01223 811121
- Paradise Pool, Ely, East Cambridge - [swimming@leisureconnection.co.uk](mailto:swimming@leisureconnection.co.uk) / 01353 665481
- Chesterton Sports Centre, City of Cambridge - [sportscentre@chesterton.cambs.sch.uk](mailto:sportscentre@chesterton.cambs.sch.uk) /01223 576110
- Kings Hedges Learner Pool, City of Cambridge - [kingshedgesinfo@everyoneactive.com](mailto:kingshedgesinfo@everyoneactive.com) /01223 353248
- Hudson Leisure Centre, Fenland - [hudson@fenland.gov.uk](mailto:hudson@fenland.gov.uk) / 01945 584230
- Manor Leisure Centre, Fenland - [manor@fenland.gov.uk](mailto:manor@fenland.gov.uk) / 01733 202298
- George Campbell Leisure Centre, Fenland - [gcampbell@fenland.gov.uk](mailto:gcampbell@fenland.gov.uk) / 01354 622399
- One Leisure Huntingdon, Huntingdon - 01480 388600
- One Leisure Ramsey, Huntingdon, 01487 710275
- One Leisure Sawtry, Huntingdon, 01487 832161
- One Leisure St Ivo, Huntingdon, 01480 388500
- One Leisure St Neots, Huntingdon, 01480 388700
- Stanground Sports Centre, Peterborough - [sportscentre@stangroundcollege.co.uk](mailto:sportscentre@stangroundcollege.co.uk) / 01733 568797
- The Regional Fitness & Swimming Centre, Peterborough - [enquiries@peterboroughregionalfitnessandswimcentre.co.uk](mailto:enquiries@peterboroughregionalfitnessandswimcentre.co.uk) / 01733 551474

Alternatively, register your interest in Free Swimming Lessons today. Call us on **0800 14 222 14** to leave your details and start your journey into Free Swimming Lessons.