

White Colne • Key to Sessions

Group Lessons

Swim Club

School Lessons

Just Swim

Ladies Just Swim

Aqua Aerobics

Party

Monday

3.30pm | 7.00pm
Group Lessons

Tuesday

2.30pm | 3.00pm
School Lessons

3.00pm | 7.00pm
Group Lessons

Wednesday

Thursday

1.30pm | 3.00pm
Group Lessons

3.30pm | 6.30pm
Group Lessons

Friday

9.30am | 12.00pm
Group Lessons

3.30pm | 7.00pm
Group Lessons

Saturday

Sunday

For further information please call 0845 838 8952 or email: colchester@firststrokes.com

Details on all of our lessons and activities can be found on our website at www.firststrokes.com



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