



# FREE ADULT SWIM CAMP!

## Make sure you reserve a spot!

We will offer a **FREE ADULT SWIM CLASS** for all levels. After a brief assessment to establish your current level, enjoy your FREE 45 minute swim class.

Learn how to breathe, float, kick, pull or even advanced stroke training such as freestyle, butterfly, breaststroke, backstroke, turns and stroke drills.

## CLASS SCHEDULE – SATURDAY 10TH NOVEMBER 2018:

(12pm - 12:45pm, 1pm - 1:45pm, 2pm - 2:45pm)

Check in 30 minutes before your class



## 3 EASY STEPS TO BOOK:

- STEP 1: Register online - Type into your browser:  
<https://app3.jackrabbitclass.com/regv2.asp?id=523124>
- STEP 2: Book your preferred class time in the customer portal under: "**Virgin free Swim class**"
- STEP 3: You will receive an email confirmation of your booking

**We look forward to meeting you!**

Tel: +267 71619388  
[www.dmss.co.bw](http://www.dmss.co.bw)

SwimAmerica™

Virgin active

Darrell Morton's  
SCHOOL OF SWIMMING  
"Passionate about Swimming"