



**aquatics**  
aberdeen

# Skills & Drills Sessions for Adults



**To help adults develop their swimming technique**

- Coached sessions
- Improve fitness and stamina
- All levels of ability are welcome

**Book now**

**Email:** [aquatics@sportaberdeen.co.uk](mailto:aquatics@sportaberdeen.co.uk)

**Telephone:** 0845 601 3611 option 1

**[www.sportaberdeen.co.uk/aquatics](http://www.sportaberdeen.co.uk/aquatics)**

## **Monday**

Tullos Swimming Pool  
1915 – 2000

## **Tuesday**

Grammar Swimming Pool  
1815 – 1900



**sport aberdeen**

Charity no SC040973