

# We can all be in the swim

## **VOUCHER 15**

Leighton Buzzard Swimming Club run sessions for five-year-olds through to adults at Tiddenfoot Leisure Centre. Their 'Learn to Swim' programme teaches children in the small pool with the aim of progressing to badges for 25metres and upwards.

The Junior squad training teaches all four strokes with introductions to swimming competitively for 7 year olds upwards and their Senior Squad training provides intensive training aimed at higher levels of competitive swimming including Beds County and Regional participation. Training is provided by qualified swimming teachers and assistants under the guidance of the LBSC professional Head Coach.

Contact Tim Casterton on 07847 378912 for more information about the club.

## **VOUCHER 16**

Luton Angling Club meet at Leighton Buzzard Canal on a Saturday. Anyone who is interested in taking up angling, male or female, juniors (must be accompanied by an adult), intermediates, lapsed anglers who have given up and would like to start again.....OAP's with a bit of time on their hands.....all are welcome.

Learn to use the whip or small pole combined with float, weights and bait with experienced anglers. Fishing close in to catch small fish (a large one if you're lucky enough!). For further information about the Give it a go! session contact John Morris on 07867536988 or john@reg111.freeseve.co.uk.

## **VOUCHER 17**

Curves Women's Fitness are offering women over the age of 18



### ■ Angling can bring big rewards!

the opportunity to discover a place where women can work out and change their lives, 30 minutes at a time.

Their Give It a Go! session will include a tour of facilities, figure analysis and a complete first workout. Contact Gill on (01525) 219800 for more information about this session.

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