



Coached Adult Lane Swim

bst are excited to announce a partnership with Delta Tri coach Matt Wright.

Thursdays
20:00 - 21:00
Weekly sessions
Starting 14th October

£6.90
Per session

Matt is a highly experienced Triathlete and Coach who will be running sessions for those looking to improve their swim techniques, fitness & competition times.

Limited Spaces - **Book in advance at Reception 01256 302230**