



MOUNT WOLSELEY
HOTEL, SPA & GOLF RESORT

Adult Swimming Lessons

*Ready to beat your fear of water or
improve your strokes?*

Perfect For:

- Building confidence in the water
- Improving your swimming technique
- Holiday & family day-out confidence
- Low-impact fitness that's easy on the joints
- Supporting both physical and mental wellbeing

**€20 per lesson or SAVE with 6
lessons for €110**

Spaces Filling Fast – Book Today

 059 9180108

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