

The Ethnic Minority Centre



Provides **FREE**

15 weeks Keep Active Swimming Session

“Developing Strength, Confidence and Balance”

To help improve physical, mental, social and emotional wellbeing

Date: 7th June to July 2024

Time: 11am – 12pm

Venue: Canon Leisure Centre Mitcham

For Registration contact on 020 8648 0084, M: 07865216046 or email ethnicminority@btconnect.com

EMC, The Vestry Hall, 336 London Road Mitcham, Surrey, CR4 3UD, Phone:

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