

SAFER, STRONGER SWIMMERS START WITH BETTER

50% OFF

Simply enter code **SUMMER50** at checkout to claim 50% off your first payment before 31st July 2024.

Join today at better.org.uk/lessons



WHENEVER YOU ARE AROUND WATER

STOP AND THINK



Take time to assess your surroundings.
Look for the dangers and always research local signs and advice.

STAY TOGETHER



When around water always go with friends or family.
Swim at a lifeguarded venue.

IN AN EMERGENCY

CALL 999



Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast.
Don't enter the water to rescue.

FLOAT



Fall in or become tired – stay calm, float on your back and call for help.
Throw something that floats to somebody that has fallen in.



Terms and conditions apply. Offer is 50% off your first payment when booking Better Swim School lessons online. Promo code 'SUMMER50' applies to new customers only, and is valid up to and including 31st July 2024. Promo code can be redeemed online only. Not to be used in conjunction with any other offer. We reserve the right to amend the terms and conditions at any time without prior notice. Full terms and conditions at better.org.uk/offertersms. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.