

## **Ladies Pool Time**

## Free @ Stirling Uni Pool



For girls & women of all ages hoping to build confidence or fitness, meet new people or learn to swim

Sundays, 10.30am-11am 16<sup>th</sup> September/ 28<sup>th</sup> October/ 18<sup>th</sup> November/ 16<sup>th</sup> December

To book or for more information please contact Eva on 01786 466486 or goga@fvds.org.uk