



Supported by



# AQUAFIT



COME ALONG TO ONE OF OUR AQUAFIT SESSIONS!

TRY OUT A VARIETY OF EQUIPMENT, ENHANCE YOUR  
WORKOUT - STRENGTHEN AND TONE YOUR WHOLE BODY.

SESSIONS HELD DURING TERM TIME ONLY

Mondays 18.15 - 19.00

Tuesdays 09.15 - 10.00

Fridays 9.15 - 10.00

10.00 - 10.45

10.15 - 11.00

Deep water session using a  
floatation belt.

Cost: £4.90 (£5.90 non-member)

FOR MORE INFORMATION ENQUIRE AT THE SWIM SCHOOL  
TELEPHONE 747240