



Supported by

Specsavers

# 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

Monday 18.15 - 19.00 hrs

Tuesday 09.15 - 10.00 hrs

Thursday 19.15 - 20.00 hrs

Friday 9.15 - 10.00 hrs

10.00 - 10.45 hrs

10.15-11.00 hrs

Deep water session using a floatation belt.

Cost: £4.90 (£5.90 non-member)

FOR MORE INFORMATION ENQUIRE AT THE SWIM SCHOOL  
TELEPHONE 747240