

Aqua Natal Classes



bridport
leisure centre

Aqua Natal is an enjoyable safe and effective water based exercise class suitable from 16 weeks of pregnancy and 6 weeks post natal check up (normal delivery) for ante and post natal ladies

Benefits of Aqua Natal:

- Aqua Natal is a wonderful form of safe exercise during and after pregnancy
- Aqua Natal may help reduce the duration of your labour
- Aqua Natal helps you feel good about yourself and gives you the opportunity to make new friends
- Aqua Natal can help alleviate antenatal and post natal depression

Day: Thursdays

Time: 2.00pm - 2.30pm

Price: Non Members £5.10
Members £3.80
Price For Life FREE

For further information and to book please contact Reception on

01308 427464

For the under 5's Bridport Leisure Centre run the following sessions:

Duckling Swim Sessions

Age: 6 - 36 months
Day: Mondays & Thursdays
Price: Non Member £3.80
Member £2.50
(Member rate is calculated on the adult being the member)

Gym Tots

Age: 0 months - 3 years
Day: Tuesdays & Fridays
Price: Non Member £4.10
Member £2.80
(Member rate is calculated on the adult being the member)

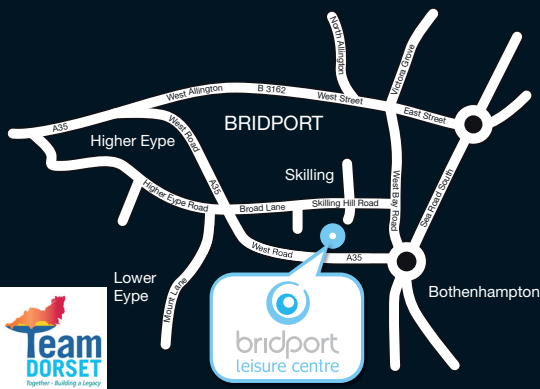
Don't forget under 4's can swim FREE during public swimming sessions!

Children under the age of 8 years must be accompanied by an adult (18years+) on a 2:1 ratio



We also offer a **FANTASTIC** range of Birthday Parties guaranteed to make your child's day a very special one!

Contact Reception now for further information on 01308 427464



Bridport Leisure Centre

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Registered Charity Number 267781

Visit our website for the latest News, Events and Timetables

www.bridportleisure.com

