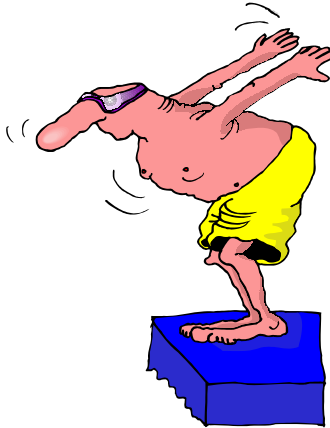


Aqua Aerobics

for

Disabled People



A new session supporting disabled people into the fun activity of Aqua Aerobics every Monday starting 19th January 2009

Session 10am - 12am (1 hour of exercise)

Cost £1.50 (support workers free)

Aqua aerobics provides exercises in the swimming pool and is carried out by an Aqua Aerobics instructor with a pool life guard in attendance.

The session is accessible for wheelchair users. Please contact Graeme or Elaine on 01706 926203 to arrange.

