

What is Swim4Health?

Swim4Health allows you to discover a totally new, exciting way to keep fit and healthy. You don't have to be able to swim and the classes offer something for everyone. Whether you are recovering from injury, a regular sports competitor, new to exercise or simply want to try something different - there's an activity for you. Water offers far greater resistance than land based exercise, giving you a really effective work out whilst being far gentler on the body as it reduces impact on your joints. You may find that you can do a lot more than you thought you could, simply because you're in the water!

Exercise in the water is not the soft option – it gives you a high calorie burning aerobic work out, develops muscular strength, core strength and flexibility. Our wide range of activities aims to motivate you and work to your own personal best.

The classes are for everyone, from rehabilitation patients, people with back problems and pregnant women to triathletes, sport competitors and elite athletes.

Find out more at www.swim4health.co.uk

Aqua Circuits

The aquatic equivalent to circuits in the gym. This energising workout builds upon endurance, muscular strength and cardiovascular fitness.

Aqua Jogging Classes

A high-calorie burning class working muscles hard and giving your heart a good workout by running in water whilst you are kept afloat by a buoyancy belt.

Solo Aqua Jogging

Learn the techniques in a tutor led class then use your own Aqua jogging belt to jog independently, at all three centres.

Swim4Fitness

Motivator led sessions with free use of equipment to help you get the most out of your swim.

Aqua Fit

An exhilarating all over body workout in the water. Fun for all levels of fitness.

Coach & Stroke Technique Sessions

These drop in sessions enable you to speak to a poolside instructor about improving your stroke technique so that you can get more out of your swim sessions and minimise any risk of injury through doing strokes incorrectly.

Adult Swim Lessons

Learn to swim with our Adult Swim programme.

Lane Swimming

Enjoy time to improve your health and fitness in our lane sessions.

Contact Reception to book your personal aqua appointment and get your first aquatic experience FREE.