



Improve your health & fitness without going to a gym!

As part of our Swim4Health programme our Aqua Jogging sessions offer a water based activity to help you to improve fitness, lose weight and tone up in a relaxed, fun and supported environment.

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008/9



DC Leisure working in partnership with Amber Valley Borough Council



Aqua Jogging

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.

Swim4Health also offers you a range of other water activities to enjoy at the Centres below including:

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

Lane Swimming Enjoy time to improve your health & fitness in our lane sessions.

Swim Lessons Learn to swim with our Swim Excel programme in a small group of 1 instructor to 2 pupils of similar ability and is run as a course of 5 sessions.



Swim4Fitness Motivator led sessions with free use of equipment to help you get the most out of your swim.

Coming soon Aqua Circuit Classes

Contact your nearest Centre for details on all of these activities.

Alfreton Leisure Centre
Church Street, Alfreton
01773 523325
enquiries@alfretonleisurecentre.co.uk

Ripley Leisure Centre
Derby Road, Ripley
01773 514727
enquiries@ripleyleisurecentre.co.uk

William Gregg VC Leisure Centre
Hands Road, Heanor
01773 537940
enquiries@williamgreggvcleisurecentre.co.uk

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