



Water Aerobics Programme

Enjoy Swimming on a regular basis?

If yes, why not save £'s with our Swim Membership. Competitively priced, it offers unlimited swimming at Braintree Swimming Centre, Bramston Sports Centre and Halstead Leisure Centre. Joint and family membership packages are available. Contact our Customer Advisor for more details.

Water Aerobics Programme

Monday

9.15am – 10.00am

Shallow

8.00pm – 8.45pm

Shallow

Tuesday

1.15pm – 2.00pm

Over 50's Shallow Aerobics

Wednesday

9.15am – 10.00am

Shallow

6.00pm – 6.45pm

Shallow

Thursday

9.15am – 10.00am

Shallow

Friday

9.15am – 10.00am

Shallow

Friday – 14th August

10.15am – 11.00am

Deep

Friday – 14th August

7.45pm – 8.30pm

Deep

Shallow & Over 50's Sessions

Suitable for all levels of fitness. The water provides both support and resistance, which means you get a workout that is impact free yet uses the muscles effectively, toning as you work. Ideal for people recovering from injuries. A great fun way to get fit.

Deep Sessions

Performed in deep water with a buoyancy aid. Impact free, so ideal for those recovering from injuries. A core workout which is really challenging for the whole body. Ideal if you want to challenge yourself that little more.

Braintree Swimming Centre

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