



# Fit swimming into your week

Save money and get fit with  
a Swim Membership



Braintree District Leisure Community Association Ltd working in partnership with Braintree District Council

# Save money with the kinetika swimming membership

Do you swim more than once a week?

If the answer is "Yes" we offer a kinetika Swimming Membership. Swimming is the biggest participation sport and has a number of benefits.

## Fat burning

Swimming is a great way to tone up and trim down as you move your body against the resistance of the water.

## Great workout

Just swimming a few lengths can involve most of the major muscle groups, working both upper and lower muscles giving your body a great workout, if you crank up the pace, you'll get a brilliant aerobic workout to improve the condition of the heart and lungs.

## Low impact

Swimming allows you to put your body through a good workout without your knees, hips or spine paying the price.

## Not confident in the water

Take advantage of our 1 to 1 swimming lesson/coaching with our fully qualified staff.

## Save money!

If you swim more than once a week, save money by taking out a kinetika swimming membership, our lane fitness sessions are available throughout the day – pick up a timetable for further information.

We have sessions to fit in with your day

Call a customer advisor for more details.

**Braintree**  
Swimming Centre

Freeport Braintree  
Braintree

Tel: 01376 333833

[www.braintreeswimmingcentre.co.uk](http://www.braintreeswimmingcentre.co.uk)

**bramston**  
sport • fitness • health

Bridge Street  
Witham

Tel: 01376 533400

[www.bramstonsportscentre.co.uk](http://www.bramstonsportscentre.co.uk)

**HALSTEAD**  
Leisure Centre

Colne Road  
Halstead

Tel: 01787 472480

[www.halsteadleisurecentre.co.uk](http://www.halsteadleisurecentre.co.uk)