

The Senior Sports programme offers a great choice of classes specially tailored for the older generation to have fun and socialise whilst keeping active. You don't need to be a member to come to a class but pre-booking is advisable to guarantee your place.

**Senior Sports Sessions** include the following activities:

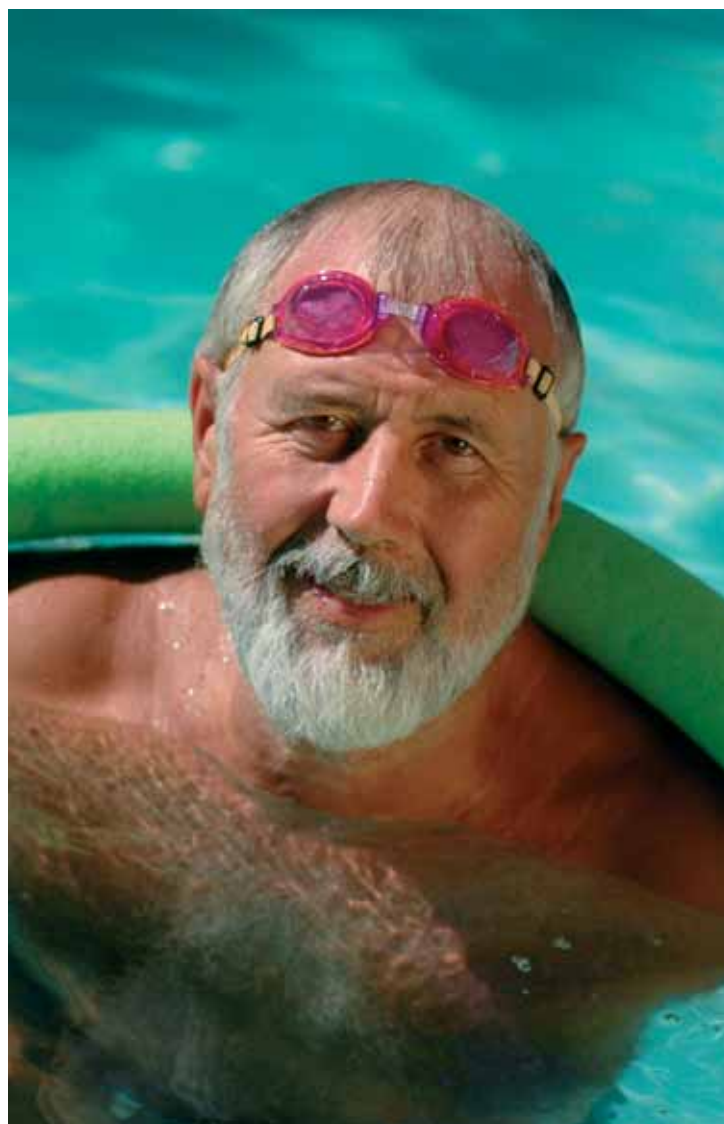
**Aquarobics:** A fun workout in the pool which is also suitable for non-swimmers and those who have joint problems or injuries.

**Keep Fit:** 45 minute workout, especially good for fat burning and improving cardiovascular fitness.

**Easyline:** A non-weight bearing strength class, set up in a fun circuit style way.

**Splash:** Enjoy a gentle swim in the waterpark area (slides not included).

**Sports:** A variety of sports available to play including badminton, table tennis and short mat bowls.



Day	Activity	Time	Price
Monday	SPORTS SPLASH	2.30-3.15pm	£3.50
		3.15-4.00pm	
Tuesday	EASYLINE AQUAROBICS	10.00-10.45am	£3.50
		10.45-11.30am	
Wednesday	SPORTS AQUAROBICS	12.00-12.40pm	£3.50
		12.45-1.30pm	
Thursday	KEEP FIT SPLASH	11.45-12.30pm	£3.50
		12.30-1.30pm	
Friday	SPORTS AQUAROBICS SPLASH	9.30-10.30am	£3.50
		10.00-10.30am	
		10.30-11.30am	

Choose to do one or all of the activities listed for that session, during the times stated, all for the same price.