



# Free Swim Activities February Half Term



**for 16's and under**

**Saturday 23rd February 2019 – Sunday 3rd March 2019**

## **Chirk – 01691 778666**

### **Free Swimming**

Sunday's 2pm – 3pm

### **Introduction to Swimming Lessons**

Monday 25th February 2019

4 day course

4 - 7 years old 9.00am – 9.30am

Girls Only 9.30am – 10.00am

### **Family Aqua Aerobics**

Monday 11am – 12pm

## **Gwyn Evans – 01978 269540**

### **Free Swimming**

Thursday 2pm – 3pm

Sunday's 10am – 11am

### **Introduction to Swimming Lessons**

Monday 25th February 2019

5 day course

4 – 5 years old

9.00am -9.30am

10.00am -10.30am

11.15am – 11.45am

11.45am – 12.15pm

6 – 7 years old

9.30am - 10.00am

10.30am -11.00am

### **Junior Aqua Aerobics**

Wednesday 2.00pm – 3.00pm

### **Junior Gym**

Instructor supervised gym fitness session.

Ages 11 - 15 years

Monday 4pm – 5pm



All of the above activities are **FREE** for under 16's with a valid Leisure Card.  
Please call your Local Leisure & Activity Centre for more details and to book your space.



## Waterworld – 01978 297300

### Free Swimming

Monday – Friday 2pm – 3pm

Saturday's 3.30pm – 4.30pm

### Family Splash Session

(Family of 4)

Sunday's 9am - 11am

### Introduction to Swimming Lessons

Monday 25th February 2019

5 day course

Ages 3 - 5 9am – 9.30am

Ages 8 plus 9.30am – 10am

### Junior Fitness Session

Instructor supervised gym fitness session

Age 11-15

Thursday 10am – 11am

### Sensory swimming lessons for children with Autism

Monday 25th February 2019

4 day course

Age 3-6 years 10-10.30am

7 and above 10.30-11am

All children must accompanied by an parent/guardian

## Queensway – 01978 355826

### Junior Gym

Instructor supervised gym fitness session.

Ages 11 - 15 years

Thursday 4pm – 5pm

### Session Descriptions

#### Introduction to Swimming Lessons

Non Swimmer or just not that confident in the water, then these session are perfect for you.

*Come along and have a go in this safe & fun session.*

Must not be on the Freedom Leisure Learn to Swim programme.

#### Junior Aqua Aerobics

Water aerobics (aquafitness, aquafit) is the performance of aerobic exercise in water such as in a swimming pool. Done mostly vertically and without swimming typically in waist deep or deeper water, it is a type of resistance training. Suitable for all abilities.

#### Sensory swimming lessons for children with Autism

These lessons are specifically designed for young people aged 3 plus years with a physical, sensory or learning impairment. To gain water confidence and improve their swimming ability