



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