

## *Aqua Aerobics with Kate*

Amazing low impact fitness, cup of tea and a chat after.

Tuesdays 1030 & 1130  
Thursdays 1830 & 1930

## *Adult Swim Classes with Julie*

6 week course in a completely private pool with small class sizes

Tuesdays and Wednesday evenings at 7pm

*For details and prices talk to the instructors, see contact form for details.*