

# Easter Holidays Free Swimming

for 16's and under

Saturday 13th April 2019 – Sunday 28th April 2019



## Chirk Leisure & Activity Centre – 01691 778666

### Free Swimming

Sunday 2pm – 3pm

### Family Splash Session

Thursday (Family of 4) 11am – 12pm

### Rookie Lifeguard

Monday 11am – 12pm

### Introduction to Swimming Lessons

Monday 15th April & Wednesday 24th April 2019

3 day course

9.00am – 9.30am 4 - 5 years old

9.30am – 10.00am 6 – 8 years old

### Family Aqua Aerobics

Wednesday 12.15pm – 1pm

## Gwyn Evans Leisure & Activity Centre 01978 269540

### Free Swimming

Thursday 2pm – 3pm

Sunday's 10am – 11am

### Introduction to Swimming Lessons

Monday 15th April & Tuesday 23rd April 2019

4 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 2.15pm – 3pm

### Junior Gym

Instructor supervised gym fitness session.

Ages 11 - 15 years

Sunday's 11am – 12pm

Monday 4pm – 5pm

Please call your Local Leisure & Activity Centre for more details and to book your space.

# 16 OR UNDER?

# Free Swimming

for all 16s and under

[www.free-swimming-wales.org.uk](http://www.free-swimming-wales.org.uk)



Free swimming is available in school holidays only, unless otherwise stated by your local leisure centre.

**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 15th April & Tuesday 23rd April 2019

4 day course

9am – 9.30am ages 3 & 4

9.30am – 10am ages 5 & 6

### Sensory swimming lessons for children with Autism

Monday 15th April & Tuesday 23rd April 2019

4 day course

10-10.30am age 3-6 years

10.30-11am 7 and above

All children must accompanied by an parent/guardian

### Junior Fitness Session

Instructor supervised gym fitness session

Age 11-15

Thursday 10am – 11am

\*\*Waterworld Open Good Friday & Easter Monday  
Free Swimming 12pm – 1pm

**Queensway Stadium**  
**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.

### 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.

Please call your Local Leisure & Activity Centre for more details and to book your space.