



FREE 60+

Swimming Activities

Chirk Leisure & Activity Centre **01691 778666**

Swimming Lesson's
Thursday 6.15pm - 7.15pm
Aqua Aerobics
Wednesday 6.15pm – 7.15pm

Waterworld **01978 297300**

Swimming Lesson's
Wednesday 12pm – 1pm
Aqua Fit
Thursday 2.30pm – 3.15pm
Aqua Express Circuits
Wednesday 7.30am – 8.00am
Aqua Circuits
Thursday 2.30pm – 3.15pm

Gwyn Evans Leisure & Activity Centre **01978 269540**

Aqua Aerobics
Monday 12pm – 1pm
& Wednesday 3pm – 4pm

Session Descriptions

60 Plus Free Swimming Lessons

Adult swimming lessons are available in Wrexham County Borough Council Leisure & Activity Centres and are designed specifically with the swimmer in mind! Whether you're more suited to floats than flippers there is something available for all abilities.

60 Plus Free 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.

60 Plus Aqua Circuits

Aqua Circuits can provide an effective alternative to the traditional structure of water based exercise programme. It offers great flexibility and versatility. Each station is designed to build muscle strength and definition using an aquatic exercises. Suitable for all abilities.

Free swimming is available for the over 60's during all general swimming times except for the school holiday periods. Please see dates below:

Friday 26th May 2017 – Monday 5th June 2017
Thursday 21st July 2017 – Friday 1st September 2017
Friday 27th October 2017 – Monday 6th November 2017
Friday 22nd December 2017 – Monday 8th January 2018

Friday 9th February 2018 – Monday 19th February 2018
Friday 23rd March 2018 – Monday 9th April 2018

