

## South Mainland Pool

*Activities for the whole community*

# Aqua Aerobics



## Get into Shape for Christmas!

*Every Tuesday night during term time - except 29 January 2019*

*Time 7:00pm - 8:00pm*

*Come early and enjoy a free steam and swim.*

**Bring along your friends!**

Pay  
as you go  
**£4.50**