



Be active during pregnancy

A gentle and effective workout in water can benefit you now and during labour

Aquanatal sessions at Crystal, Dudley and Halesowen leisure centres



For further information call **01384 812800**
or visit www.dudley.gov.uk/sport
or www.lets-get.com

Aquanatal sessions

All sessions are run by fully-trained staff • Pre-booking is advisable

Dudley Leisure Centre, Wellington Road, Dudley

Monday 11.30am - 12.30pm

Crystal Leisure Centre, Bell Street, Stourbridge

Tuesday 8pm - 8.45pm

Halesowen Leisure Centre, Great Cornbow, Halesowen

Wednesday 8pm - 8.45pm

Friday 12.15pm - 1pm

Lane swimming

Halesowen Leisure Centre

Monday 12pm - 1pm and 6pm - 7pm

Wednesday 8pm - 8.45pm

Friday 12.15pm - 1.30pm

Saturday 2pm - 3pm

Aquanatal and lane swimming sessions are included in the Options Lifestyle membership scheme

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Terms and conditions apply. Some sessions run term-time only. Classes may be subject to change. Correct at time of print October 2019.