

Are you 60+?

Did you know you are entitled
to access some services for free
as part of the Welsh Assembly
Government Free Swim Initiative.

Ask at Reception for details
or call 08000 43 43 43

www.celticleisure.org

Celtic Leisure is proud to deliver this exciting programme for Neath Port Talbot! The scheme provides a holistic approach to health and fitness and offers a wide range of activities, no matter the ability.

Please see the below timetable of classes which you could access*:

Activity Description

Fit for Purpose

Fit for Purpose is a lighter approach to a very basic functional Circuits class, structured to improve all components of fitness, pitched perfectly as an introduction to exercise at a very controlled pace. No experience necessary.

Aqua / Hydro Cardio

A range of exercises are conducted in several depths of water with different levels of speed, co-ordination and ranges/direction of movement. Aqua Fitness is also largely based upon "functional exercises" encouraging movements that are found in every day life, e.g. climbing stairs, running, cycling, jumping and changing of direction while in motion.

Aqua Gold

Aqua Gold is the more traditional type of water exercise class, based around rhythmic routines loosely choreographed exercise to music. Mobility and Flexibility play a bigger part in an Aqua Gold class tuning in to the mitigation of gravity by buoyancy/flotation places less stress on the joints when training and stretching because the use of aerobic type exercises in water provides support for the body and reduces the risk of muscle or joint injury.

Walking Football

Walking football is a variant of association football that is aimed at keeping people aged over 50 involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game. The sport can be played both indoors and outdoors.

Gym Session

The gym provides a fantastic opportunity for you to develop many aspects of your health including, cardiovascular fitness and muscular strength. With a wide range of equipment available there are a range of exercises which can be tailored to suit your needs, no matter what your ability or experience!

Swim Clinic

Not a swimmer? Nervous about getting in the water? Don't be! The fantastic thing about swimming is that no matter what your age or ability it's never to late to learn! These lessons will support you to build water confidence if you've never swam before or, build your skills and technique if you want to progress. What's more, all our pool sites have qualified life guards so, you can feel reassured that you are in safe hands when entering the water at our sites!

	Aberavon Leisure & Fitness Centre	Neath Leisure Centre	Neath Sports Centre	Pontardawe Leisure Centre	Pontardawe Swimming Pool	Vale of Neath Leisure Centre
Monday	Walking Football 3.30pm-4.30pm					
Tuesday		Hydro Cardio 11.45am-12.45pm				
Wednesday	Swim Clinic 9.00am-10.00am					
Thursday					Aqua 12.45pm-1.45pm	
Friday			Fit For Purpose 9.00am - 10.00am			
Saturday				Gym Session 9.00am-10.00am		
Sunday						Aqua Gold 4.15pm-5.15pm

*Subject to Terms and conditions / maximum class occupancy.

Tel: 08000 43 43 43
www.celticleisure.org