



Water Wellbeing Swim Session

£3.40

per session
(Carers swim
FREE)

Do you have an injury, a long term health or mental health condition or simply don't like exercising on land?

Then our new, instructor-led, weekly 'Water Wellbeing' session might well be for you.

Fridays, 1pm - 2pm

Book your session today by calling:
SHARLEY PARK LEISURE CENTRE
Market Street, Clay Cross, S45 9LX.
Tel: 01246 217277

[North East Derbyshire District Council website](#)



**North East
Derbyshire
District Council**



The unique properties of water make swimming perfect for people of all ages to exercise, particularly those with injuries, impairments, long term health conditions, or those who struggle to exercise on land.

Evidence suggests swimmers live longer and that regular swimming helps older people stay mentally and physically fit. Swimming has a positive impact on a range of physical and mental health conditions including dementia, obesity, cancer, cerebral palsy, and pulmonary disease.

Please note: this is not intended to be a swimming lesson. Sessions will take place in the teaching pool and involve an aerobic-type class, and you can swim in the main pool afterwards as part of the public swim. Any equipment used will be sanitised after use. Sessions suitable for ages 16+.

Social & Refreshments: Unfortunately due to Covid-19 regulations we can no longer provide a social or refreshments, but this will be included again in the future should Government Guidelines allow it.

For more information please contact:

Jessica Holmes Tel: 07816 158 889

or [email Jessica Holmes](mailto:jessica.holmes@nec.gov.uk)

**Swimming can boost your life expectancy.
In a study of over 80,000 people,
swimmers had a:**

28%

lower risk of
early death

41%

lower risk of death due to
heart disease and stroke.

Source: Swim England Consultation



North East
Derbyshire
District Council

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