EXPECTANT MOTHERS EXERCISE CLASSES

Working in partnership with the full support and involvement of the Police Federation and Unison and with various Local Authority Leisure Centres across the North Wales Police area we have pleasure in informing you of the following physical activity classes which are available for expectant mothers.

**Denbighshire County Council**

Denbigh Leisure Centre  
Every Monday Evening 7:30 - 8:15 Aqua Natal Classes  
Delivered by a Mid Wife, £3 per session

Corwen Leisure Centre –  
Michael our Gym Supervisor is trained at delivering both Anti and Post natal classes and is keen to start Classes at Corwen.

**Conwy County Council**

Currently run 2 classes for pregnant mums.

Wednesday 11.00 - 12.00 at Llandudno Junction Leisure Centre Ante-Natal class  
Thursday 12.30 - 1.15 at Llandudno swimming Centre Aqua Natal class

Both classes are taken by Sharon Buckley who is a midwife and a qualified Aerobic Instructor. The class in Llandudno Junction is a gentle Pilate’s class.

**Wrexham County Council**

At Waterworld Leisure Centre we run the only aqua natal class in the area specifically designed for expectant mothers. The class takes place on a Wednesday for 30 minutes 7.15pm - 7.45pm.

Its tailor made gentle exercise in the water, a wonderful class. The class is around the £2.30 mark.

**Angelsey County Council**

We've specific sessions for pregnant and new mums in all our centres, called Surestart, supervised by the midwives. Gentle exercise for mums and their babies/toddlers in the three centres with swimming pools and yoga/gentle circuits in Beaumaris, followed by social/parenting sessions with creche facilities included.
They are held as follows:-

1. Amlwch Leisure Centre - Thursdays 10.00 - 11.00 pool, 11-12 committee room, Fit Room also available (induction required) Tel: 01407 830060

2. Plas Arthur Leisure Centre - Tuesdays 1.00 - 2.00 pool, 2.00 - 3.00 committee room, Yoga and Fit Room also available (induction required) Tel: 01248 722966

3. Holyhead Leisure Centre - Mondays 12.30 - 1.30 pool 1.30 café Tel: 01407 764111

4. Beaumaris - Mondays 12.30 yoga, 1.00 gentle circuits. Tel: 01248 811200

There are other activities suitable for pregnant ladies, such as the Community Fit Club programme, but it's best for the individual to contact their local centre for more detailed information. You can either phone them directly or visit the website and follow the "Leisure Centres" links.