

# Ladies Only Sitara

**Sitara** - This session offers a welcoming atmosphere and is aimed at female swimmers only, the Sitara session consists of use of the gym (induction needed charged at £7.75) sauna & steam, swimming, Fitness class and the aqua fit session.

**Aqua Fit** - These sessions are available for all levels and are based on exercising in the water. These sessions take part in shallow water.

Prices – As of the 4<sup>th</sup> December 2011 prices of the Sitara increased to £4.25, however with a KAL card your price will freeze at the previous price of £3.50. KAL cards are available at reception at a price of £2 for the year.

## **Monday 1:30pm – 3:30pm**

1.45pm – 2:30pm (Class in the Sports Hall – Varies from week to week)

2.45pm – 3.15pm (**Aqua Fit**)

## **Monday 8:00pm – 10:00pm**

8.00pm – 8.45pm (**Aqua Fit**)

## **Wednesday 1:30pm – 3:30pm**

1.45pm – 2.30pm (Class in the Sports Hall – Varies from week to week)

2.30pm – 3.15pm (**Aqua Fit**)

## **Wednesday 8.00pm – 10.00pm**

8:00pm – 8:45pm (Class in the Sports Hall – Varies from week to week)

8.45pm – 9.30pm (**Aqua Fit**)

## **Sunday 11am – 1:45pm**

11.00pm-12.00pm (Mother & Child Sitara Swimming)

12.00pm-1.00pm (Sitara)

1:00pm – 1:45pm (**Aqua Fit**)

