

## **HARINGEY AQUATICS – SESSIONS FOR ADULTS AND WOMEN ONLY IN N17**

The club runs the following sessions for adults and women only in the pool at Duke's Aldridge Academy in N17 (formerly know as Northumberland Park Community School).

Come and try out a session and tell your friends about us.

### **WOMEN ONLY**

**Fridays during school term time.**

**6.00-6.45pm Swimming for beginners and improvers (teacher Sharon Austin)**

**6.45-7.30pm Water Aerobics (instructor Louise Redman)**

The sessions are open to all women aged 14-75+ years. Mums and daughters, aunts and nieces, granddaughters and grandmothers all very welcome!

Our sessions are relaxed and friendly. Sharon will be aiming to get you swimming and if you can swim, to improve your technique.

Water aerobics provides a great workout to music and Louise will provide you with a level of exercise that suits your ability. No swimming is involved.

Both swimming and water aerobics provide low impact exercise. The water cushions impact and allows a greater range of movement than gym based exercise.

**FEES:** Turn up on the night: £5 for one 45 min session (swimming or water aerobics) or £8 for 1.5hrs (swimming and water aerobics)

Book a block: £20 for five 45 min sessions (swimming or water aerobics) or £35 for five 1.5hr sessions (swimming and water aerobics)

You can pay at the pool by cash or cheque, or online (ask us if you want the club's account details)

Just turn up or contact Lesley for more details and to get on her text/email group for dates and cancellations.

[womenonly@haringeyaquatics.org.uk](mailto:womenonly@haringeyaquatics.org.uk)

or text 07856 778346

### **MIXED ADULTS SWIMMING**

**Sunday 9.30-10.15am throughout the year (teacher Sharon Austin)**

This Sunday morning session is currently targeted at improvers who can swim a couple of lengths or more and want to improve technique and stamina. It's a mixed class for men and women aged 14+years.

FEES: £20 for a block of five 45 min sessions

You can pay Sharon at the pool by cash or cheque, or online (ask us if you want the club's account details).

Contact Sharon to get on her text/email group for dates and cancellations

[learntoswim@haringeyaquatics.org.uk](mailto:learntoswim@haringeyaquatics.org.uk)

or text 07947 517003

### **WHERE TO GO**

Address: The Pool, Sports Block, Duke's Aldridge Academy, Trulock Road, Tottenham, N17 OPG (for more detail on how to get to the pool, see next page)

To access the pool, walk or drive through the gate on Trulock Road to the basket ball court. If you are looking at the school, this gate is to the left of the school. If you are coming by car you can park on the basket ball court. Then follow the covered walkway across the playground, turning left when it turns left and enter the back of the Sports Block. Walk down the corridor and take a left up the ramp to get to the pool. Sign in with a member of the club's admin team or our lifeguard. Looking forward to seeing you there!