



# JUNIOR SWIMFIT



**Get fit and feel fantastic!**

**Come along and join in with our Junior Swimfit classes**

We currently run Junior Swimfit classes at Neilston Leisure Centre pool.

These are brand new classes  
which we hope our young athletes will be inspired to attend.

Swimfit is a pay as you go for children aged 8 years plus who can competantly swim 400 metres without stopping.  
This will develop their personal fitness and stamina.

**The prices for these 1 hour classes are £3.45 / £2.95 All Access / £1.80 concession.**

**Junior Swimfit classes are on at:-**

**Neilston Leisure Centre pool - every Saturday from 12.00noon - 1.00pm**

**If you are interested, please call Andrew on 0141 577 4833**

**[www.eastrenfrewshire.gov.uk/sports](http://www.eastrenfrewshire.gov.uk/sports)**