

## Benefits of Swimming!

Lowers the risk  
of diseases.

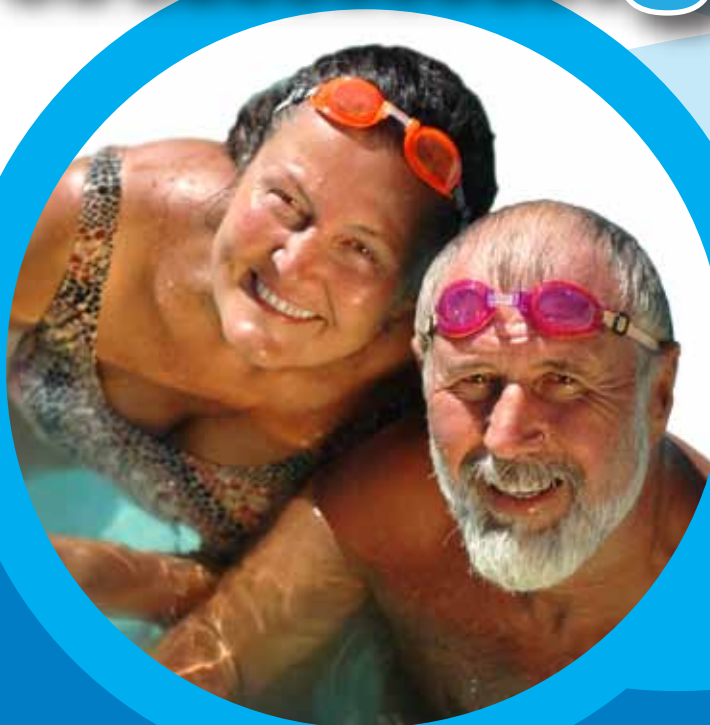
As well as being  
a great form of  
cardiovascular exercise,  
swimming just 30  
minutes a week can help  
to guard against heart  
disease, stroke and  
type 2 diabetes.

Swimming is Inclusive.

The water supports up to  
90 per cent of the body's  
weight so regardless of  
injury, disability or  
fitness level swimming  
is a brilliant way to stay  
active.

Meet new people.

Swimming can be a great  
chance to socialise, either  
at public swimming, an  
aqua aerobics class or  
with a cuppa after your  
activity.



If you are 60 years and over we can help  
you get in to the pool by offering...

- ◆ **Free swimming every Monday.**
- ◆ **Free swimming at all times for  
anyone in receipt of Pension  
Credit Guarantee.**
- ◆ **6 month public swimming  
membership for just £25.**

To be eligible for free swimming all  
individuals must be registered with  
Pembrokeshire Leisure.