



Swimmin' Women Midlife Programme

The water is calling you!



€20 for 6 week programme!

- **Join a community of Women for a fun Aqua Aerobics & Swimming programme**
- **Specific for midlife females**
- **Grouped sessions at National Aquatic Centre, Dublin , every Thursday at 11am,**
- **Starting June 9th**
- **Goodie bag with swim hat and women's health pamphlets included**

Register through the QR Code or email sports@fingal.ie



to join the Swimmin' Women Community!