

Get
active
50⁺

for longer,
healthier,
happier lives



Rainbow Leisure Centre, Epsom

Join our small group sessions to improve water confidence and health
Only £2.50 per week (£20 for all eight weeks)

Fridays 8 September to 27 October: 12.30pm - 1.30pm

Mondays 11 September to 30 October: 12noon - 1pm

For more information and to sign up call 01372 732 000 and ask for
Leisure Developments or email Laura Mangan laura.mangan@gll.org
To book online visit www.betterlessons.org.uk/book