




· STARTING JANUARY 2019 ·
FROM TUESDAY 29TH & THURSDAY 31ST

Swimming at Nuffield

Croydon Central

-  AGED 50+? WANT TO SWIM
AND IMPROVE YOUR FITNESS?
-  DO YOU HAVE MOBILITY
ISSUES OR ARE DISABLED?
-  WOULD YOU BENEFIT FROM
HYDRO THERAPY IN A SAFE
AND SECURE ENVIRONMENT?

Ask your GP to sign you
up to our FREE 12 week
Swimming Programme:
Swim Fit or Swim Aqua
+ a FREE Health MOT
(appointment only)



Tuesdays	9.30am - 11.30am (SWIM FIT)
Thursdays	9.30am - 11.30am (SWIM AQUA)

Contact us to book your place. Spaces are limited.

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