



**Barrow CEVC  
Primary School**

Inspire, Create, Discover, Together



**Starting in April 2024...**

### **Silver Swimmers Aqua Mobility is coming to Barrow School Pool!**

Aquatic exercise is a fun way to focus on fitness in a gravity-reduced environment. The buoyancy of water is easier on the body and provides support for people with weakness, balance problems or pain. Additionally, the viscosity of water slows movement and provides resistance during exercise, making aquatic exercise a great workout.

Our new Silver Swimmers aqua mobility class has been designed for older adults. The exercises will focus on improving a range of motion, flexibility, balance and strength. Our class will be taught by a qualified swimming teacher ensuring you get the best experience.

Our school swimming pool is waist deep and a warm 32 degrees. We have single sex, communal changing rooms with a shower. This form of aquatic exercise doesn't necessarily involve swimming, but you will need to be able to access the pool via vertical steps.

If you're looking for a new way to improve mobility, keep fit and have fun, our water fitness class will put a spring in your step. We look forward to welcoming you to our school pool.

Tuesdays from 2pm to 2.30pm

£5 per session

Register your interest now at: [admin@barrow.suffolk.sch.uk](mailto:admin@barrow.suffolk.sch.uk) 01284 810223

