

Would you like to exercise?

Is your weight a barrier?

Have you thought of swimming? Why not?

Embarrassed due to size?

Concerns over getting in and out of the pool?

Need a larger swimming costume?

(JD Williams & Oxendales catalogues sell larger sizes)

**We have a PRIVATE SWIMMING CLASS on
TUESDAYS 3 -3.30 pm at ST JAMES' SWIMMING POOL
Just for people with a weight problem.**

**We have a special set of sloping steps for us to enter and
exit the pool.**

We have FUN! We ENJOY ourselves!

We aim to lose some weight - we can't all swim.

**YOU ARE WELCOME TO JOIN US. COST £2
per session**

