



LEG DAYS

AND ARM DAYS?

I CALL THEM MONDAYS

Get a **full-body workout**
at Braunstone Leisure Centre

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WHERE A BUSY DAY

JUST DRIFTS AWAY

Relax and unwind
at Braunstone Leisure Centre

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FOR FAMILY FUN JUST ADD WATER

Spend some **quality time together**
at Braunstone Leisure Centre

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GOOD FOR MY TICKER *EASIER ON MY JOINTS*

Get healthier with **low-impact exercise**
at Braunstone Leisure Centre

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FIRST I GOT THE BASICS NOW I DREAM OF GOLD

Learn 2 swim lessons
at Cossington Street Sports Centre

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THE PLACE FOR ME

TO CLEAR MY HEAD



Find time for **yourself**
at Cossington Street Sports Centre

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WOMEN-ONLY SESSIONS

WITH ME IN MIND



Just **relax and swim**
at Cossington Street Sports Centre

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Swim Leicester
get active · have fun · learn with us





JUST LIKE I REMEMBER IT

BUT NOW OUR FEET TOUCH THE FLOOR

A great way to **catch up**
at Cossington Street Sports Centre

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**I ALWAYS
FEEL BETTER
AFTER A SWIM**

Improve your **health**
at Cossington Street Sports Centre

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