

## AQUANATAL YOGA FOR PREGNANCY

run by Community Midwives

**Tuesdays 5:30pm - 6:15pm**

Blocks of sessions running  
all year round excluding  
school holidays.

**FROM 24 WEEKS**

# Made for Mams

## Aquanatal Yoga at Hawthorn Swimming Pool

*A focus on  
bonding with  
your baby*

*Gentle stretches  
aided by the  
buoyancy of water*

*Meet other  
pregnant women*

*Toning  
without  
impact*

*Emphasis on  
breathing and  
relaxation*

*Water provides a  
soothing yet stimulating  
environment to prepare  
for birth, particularly  
waterbirth*

*Helps improve  
flexibility of pelvic  
floor in preparation  
for labour*

*Suitable and  
supportive for  
women with  
pelvic girdle pain*



Book via the Leisure for Life app or contact:  
Hawthorn Swimming Pool ☎ 01443 562246



For up to date class information please visit:  
[www.rctcbc.gov.uk/madeformams](http://www.rctcbc.gov.uk/madeformams)

   **RCT Leisure**

**£2.50 per session**  
or **FREE** for Leisure  
for Life members

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh

Chwaraeon RhCT  
Sporth RCT

