



Aqua-Natal Classes

Stay active during and after pregnancy in a fun, safe and inclusive environment



- Classes are every Thursday at 11.30am - 12.15pm at Harborough Leisure Centre
- £5 per session, or free for members.
- The onsite crèche is available until 12.30pm – Advance booking is required.
- To book onto the class or book a space at the crèche call: 01858 410115

For more information please contact:

Email: activetogether@harborough.gov.uk

Website: <https://www.harboroughsport.org.uk/>

Tel: 01858 410115

