



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 9:30am - 10:15am

£

Cost: No Cost



Type: Face to Face

Specially designed for mams-to-be!

Aqua Mams are free sessions, led by qualified instructors, to allow women to be physically active throughout their pregnancy.

What are the benefits of moving during pregnancy we hear you ask? There's a few:

- Reduced blood pressure
- Reduced weight gain
- Reduced chance of gestational diabetes
- Improved fitness
- Improved mood

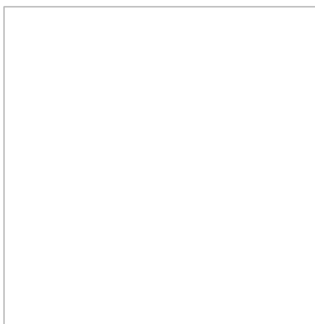
Spaces in sessions are limited to 15 people so you are advised to book in advance. You will need to reserve a space each week and spaces are available on a first come first serve basis. You need to register for the programme. Once you're registered you can book via Hadrian Leisure Centre or The Lakeside Centre.

If you are unclear about the type and amount of exercise that is appropriate during pregnancy, or have questions about the benefits that exercise can bring in pregnancy, your midwife and/or GP will be able to advise on your suitability to take part in these sessions.

*Available term time only, you must be a resident of North Tyneside and have a valid easecard. Sessions at North Tyneside leisure centres require participants to scan their easecard at reception upon arrival and hand the receipt to the instructor.



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 <https://www.activenorthtyneside.org.uk/aqua-mams>

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