

Activities in your area!



Aqua-Natal @ Pontypool
Active Living Centre
Wednesday 12:15pm.
 Ring leisure centre to
 book.

01633 627100

Aqua-Natal @ Tredegar
Leisure Centre Thursday
09:30-10:30am.

Contact the Healthy Pregnancy
team to book:

0300 303 4906

(option 3)

Aqua-natal @
Abergavenny Leisure
centre, Fridays 2-3pm.
 Ring leisure centre to
 book.

01633 644800

Aqua-Natal @ Bedwas
Leisure Centre Tuesday 7-
7:45pm.

To book a place ring Healthy
Pregnancy Team on **0300 303**
4906 (option 3).

Walking group @
Pontypool Active Living
Centre -09:30-10:30
Monday
 to book a place please ring
 Healthy Pregnancy Team on
0300 303 4906 (option 3).

Walking group @ Morgan
Jones park Caerphilly 09:30-
10:30.
Tuesday.

To book a place please ring
Healthy Pregnancy Team on
0300 303 4906 (option 3).

PregnancyPostnatal
walking group @
 Ambika Social, Linda
 Vista Gardens,
 Abergavenny, NP7
 5D.

Wednesdays,
10.30am
No booking-just turn
up

Walking group @
Tredegar House Newport
Tuesdays 1:30-2:30pm.
 To book a place please
 ring Healthy Pregnancy
 Team on **0300 303 4906**
 (option 3).

Aqua-Natal @
International Sports
Village Newport.
Friday 12:05-
12:50pm.
 To book a place ring
 Healthy Pregnancy
 Team on **0300 303**
4906 (option 3).

