

free swimming. worth making a splash about



Swimming at Stafford Leisure Centre will be free of charge to people aged 16 and under [and 60 and over] as part of the Government's Swim4Life initiative from 1 April. The campaign, linked to the nationwide Change4Life campaign, that aims to get people to lead more active, healthy lives in the run up to London 2012.

Stafford Borough Council is one of around 300 local authorities to take part in the free swimming scheme which has been backed by double Olympic Gold Medallist, Rebecca Adlington.

Councillor Mike Smith, Cabinet Member for Leisure said: "We have made improving health and well-being of the community one of our top priorities so we are really pleased to be able to offer free swimming to those 16 and under and those over 60.

"I hope everyone entitled to swim for free will take advantage of this wonderful opportunity."

The council opened up the new £15 million Stafford Leisure Centre last year which boasts an impressive eight lane 25-metre swimming pool as well as a teaching pool with innovative moveable floor.

As well as the new Stafford Leisure Centre in the town's Lammascote Road, people in the Borough will also be able to swim for free at Alleyne's Sports Centre pool when it reopens following repair work.

Free swimming is available everyday, at all times, to over 60s and those aged 16 and under can also swim for free daily, outside school hours.

Swimming is one of the most popular ways for people in the UK to keep fit and it is a great way for young children to burn off energy, improve confidence and have fun.

Rebecca said: "This is a great way to encourage more people into the pool and to stay fit and healthy. I look forward to seeing pools up and down the country being used to their full potential."

For more details on the Swim4Life programme go to www.staffordbc.gov.uk/leisure or contact Stafford Leisure Centre on slc@staffordbc.gov.uk or 01785 619500.