

Hydra Swim

Swimming in Luton is fun, affordable and accessible, thanks to some great value pricing. □

The fully inclusive Hydra programme includes learn to swim, leisure swims, an interactive aqua fit programme in association with the ASA and British Gas plus sessions for adults only, ladies only, fun time splash, inflatable and slide sessions and much, much more.

Hydra swim gives you:

- access to 3 pools in Luton
- a wide range of swimming activities and sessions
- a comprehensive ASA learn to swim programme
- an interactive swim4fitness programme
- motivational support from our fully qualified instructors
- a range of aqua fitness classes
- a choice of payment options to suite everyone
- a choice of membership packages for regular swimmers

Who to contact

Contact Name	Active Luton
Telephone	01582 599888
E-mail	info@activeluton.co.uk
Website	www.activeluton.co.uk/.../swim-dive

Where to go

Name	Lea Manor Recreation Centre
Address	Northwell Drive Luton
Postcode	LU3 3TL
Notes	Phone number and address are for Lea Manor Recreation Centre. Also available at 'Inspire: Luton Sports Village', and 'Lewsey Swimming Pool'.

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