



Aquabears Fitness Gym

Aquabears is now happy to promote family fitness at Castleton. Our new venture sees parents using our gym whilst their children are in the water.

Parents are now invited to use our gym at £2.00 per session. Joining fee will be free to each individual after completion of an appropriate membership form, which will insure each individual whilst on site.

Sessions are:

Monday: 5.30am – 7.30am & 4.30pm – 6.30pm

Tuesday: 4.30pm – 5.45pm & 6.30pm -8.30pm

Wednesday: 5.30am – 7.30am & 4.30pm -5.30pm

Thursday: 4.30pm -8.30pm

Friday: 5.30am – 7.30am & 4.30pm - 6.30pm

Saturday: 7.00am – 1pm

For membership forms and further information please contact Mark Crouch on 01706 355734 or via e-mail at aquabearschiefcoach@yahoo.co.uk