

STAYING ACTIVE



During &
after your
pregnancy



Staying active in our leisure centres

Staying active during and after your pregnancy is important for both your physical and mental wellbeing. Our eight leisure centres across the city are kitted out with the latest fitness equipment and we deliver over 300 exercise classes each week, some of which you can also bring your little one to.

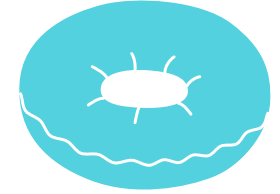
We also deliver swimming classes that are designed to introduce babies and toddlers to the water to build confidence through fun and games with the support of their parent or guardian.

We have 5 small pools ideal for introducing your child to the water with warmer water to ensure that they are comfortable and enjoy the experience. Family swimming sessions run at all of our pools across the city so that you and baby can also have fun in the pool with the rest of the family.

All of our sites are buggy and breast feeding friendly with dedicated changing spaces.



Staying active during and after your pregnancy



Remaining physically active during pregnancy can help you to better cope with labour and also to get back into shape after birth.

The NHS recommends that mothers maintain their normal daily activity or exercise as long as they feel comfortable.

Our gyms, classes and swimming pools are a perfect place to remain active during your pregnancy with a variety of classes to suit you within a comfortable and supportive environment.

Swimming

Swimming is a fantastic exercise during and following pregnancy due to its low impact nature as the water supports your body. Swimming is both an aerobic and strength conditioning exercise, with both of these types of exercise having been shown to shorten labour and decrease the risk of complications at birth.

Swimming will also allow you to remain active whilst your body recovers after giving birth.



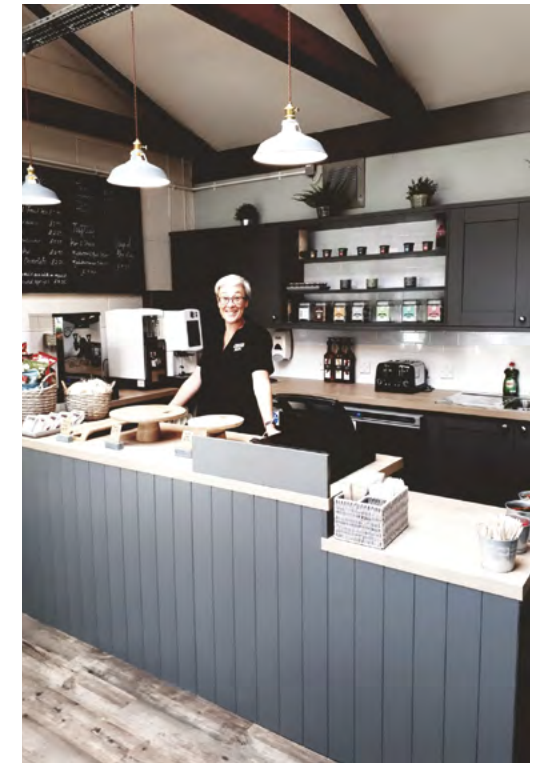
Walks and exploring green spaces



Our Active Lifestyles team run a number of **wellbeing walks** across the city. The walks offer a **safe, relaxed and sociable environment** which are designed to help you meet your 150 minutes of moderate intensity exercise each week.



We operate cafés in 2 of the city's parks, **Clifton Country Park** and **Parr Fold Park** in Walkden. If you're out and about exploring Salford's green spaces or simply exercising in the parks, they're the ideal spot for a pit stop with a range of refreshments available. Our cafés have **highchairs** and **baby changing facilities**.



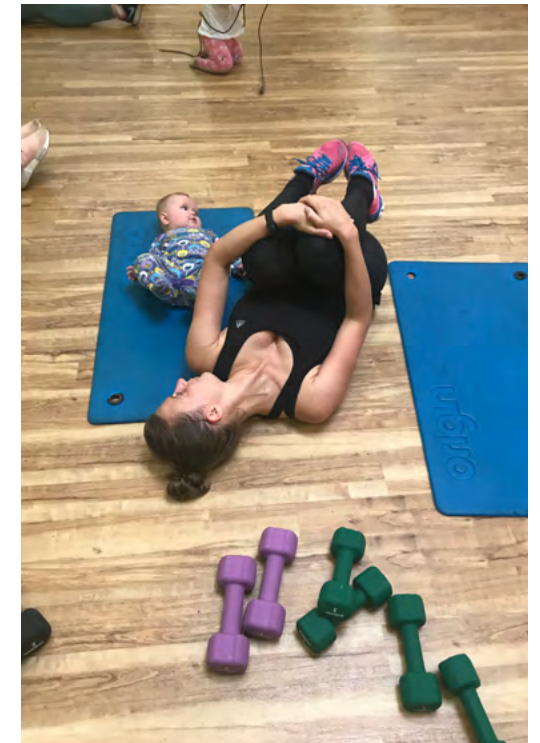
Low impact classes

If you choose to remain active throughout your pregnancy, you may decide to reduce the stress and impact of your exercise routine. Below is a selection of our lower impact exercise classes:

- Aqua fit
- Aqua-natal
- Pilates
- Stretch and Tone
- Tai Chi
- Yoga
- Yoga Stretch & Tone



Mothers are welcome in all of our classes throughout their pregnancy. Exercises can be adapted to suit individual needs, please speak to the instructor to discuss alternative exercises.



Things to do with your baby and toddler

As a new parent, it is important for both your wellbeing and for the development of your child that you stay active both mentally and physically. Attending child focused or friendly activities allows you to socialise, entertain your child and watch them develop.

We deliver fun, stimulating activities across the city that are designed to provide enriching experiences for parent / carer and child through physical, creative and educational activity.

Libraries

In addition to dedicated children's reading areas, Salford Community Libraries also deliver Storytime and Stay & Play sessions across the city where we listen to stories and play songs.

It's never too early to start reading to your child, we also have an extensive selection of baby and toddler books in all our libraries.



Ordsall Hall

We love welcoming our very youngest visitors to Ordsall Hall and strive to make any visit as hassle-free and fun as possible.

A visit to the galleries includes lots of different **sensory experiences** for babies and toddlers, with different noises and things to **touch** and explore. Our Gardens are also a great place for exploring and finding plants and insects to talk about.

Ordsall Hall also has a **cosy café** in the entrance area with highchairs and baby changing facilities, a perfect place to sit and relax with your little one after exploring the Hall.



Salford Museum & Art Gallery



A visit to the galleries includes lots of different sensory experiences for babies and toddlers, from **bright open spaces** to **dark spaces**, with different noises and things to touch and explore.

Why not try our **Nursery Rhyme Trail** in the Victorian Gallery, and sing some songs inspired by animals and objects in our beautiful paintings.

Salford Museum & Art Gallery holds **Gallery Baby sessions**, monthly drop-in sessions for our youngest museum visitors! Designed for pre-walking babies, they focus on sensory play and discovery in our lovely galleries. The museum also has a lovely café with highchairs and baby changing facilities, a perfect place to sit and relax with your little one after exploring.



Community Centres

Our Community Centres across the city host a number of independent providers of parent and young children's activities throughout the week. Activities include baby yoga, baby massage, children's drama and even baby dance classes. For the full programme of activities please check out your local community centre page on our website.



Baby friendly facilities

Whether you're looking to visit one of our community centres, leisure centres, libraries or museums, you needn't worry about whether we have the facilities to cater for you and your little one. **All of our sites are buggy and breast feeding friendly with dedicated changing spaces. Our cafés also all have high chairs and milk warming facilities.**

Come and visit us, we'd love to welcome you and your little one!

salfordcommunityleisure.co.uk/whats-on/active-pregnancy



Nutritional Advice



There are plenty of useful resources to help you plan a healthy diet for yourself and your children.

More information can be found on the links below:

Healthy start Vitamins – [Free vitamins for all under 5s, pregnant women and new mums](#) - Salford City Council

Healthy start Scheme (Card) - [Get help to buy food and milk \(Healthy Start\)](#)

Healthy eating in pregnancy - [Start for Life - NHS \(www.nhs.uk\)](#)

Foods to avoid in pregnancy - [NHS \(www.nhs.uk\)](#)

Food insecurity - where to go? - [Salford Food Directory | Salford CVS](#)

