

Wellness Classes >>> www.beachacademywales.com/book

Title	Description	Family class	Adults only	Duration
BeachFit	High energy beach aerobics wearing a Silent Disco headset, led by an instructor.	X	£10pp	1h
Barefoot Beach Walking	Free your feet on our seasonal beach walks in nature barefoot on the shore. Led by a marine nature guide.	X	£10pp	1h
Beach Rounders	Join in the game. All levels of fitness and experience welcome to get team healthy on the beach.	X	£10pp	1h
Rockpool Goggling	Let the salty water help you float as you observe life beneath the surface in our shallow coastal rockpools.	X	£10pp	1h
Bridgend Seashore Walks	Walk our family-friendly Bridgend Coast Seashore Trails, where being active and learning combine. Download from www.beachacademywales.com/seashoretrails	N/a	N/a	From 1h
Seaweed Foraging	Which seaweeds are edible? Learn how to harvest and cook cook them on the shore.	x	£12pp	1h 30m