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Mums in swim of things

Celia Williams

13 Aug 2009

These Queenstown women are helping create another generation of water babies.

Hughes, who runs Wakatipu Swim School, has just started up Pregnancy Active Movement Sessions (Prams) in Water, to be held at the pool each week.

"It's not full-on exercise, it's not an aerobics class – it's just relaxing the muscles, a little bit of movement, working on some breathing exercises that'll help them during labour," Hughes says.

"And if the mother is active while she's pregnant it's more likely she'll be active with her child."

"Prams" classes cost \$8 for a casual session or \$60 for 10, plus pool admission.



Mums and mums-to-be (from left) Sharleen Mills, Naoko Kaito with son Kawamura Lamond, 16 months, Nikki Nash, Alessia Bibby with daughter Caitlyn Bibby, 16 months, and Alex Hide get exercise tips with instructor Jane Hughes at Alpine Aqualand.

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