

Privacy Policy and Data Protection

Any information you leave on my website, Facebook page, by phone or send via email, including your email address, personal and medical information is NEVER shared with ANYONE.

Every effort is made to keep ALL information you share with me completely private and confidential.

If you book some classes, I will only contact you directly regarding the classes. I do not send out a newsletter or anything else on a regular basis.

Once you've had your baby, or if you do not wish to keep attending the classes prior to the baby's arrival (or if you haven't contacted me but I have ascertained that you no longer wish to attend), I will no longer send you information regarding aquanatal classes and I will delete or shred any personal and medical information I have of yours after 3 months.

You can also tell me at any point that you no longer wish to receive any more emails from me.