

# Pool programme



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# Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30	
MON		Swim 4 Fitness	Early Morning Swim	Schools Swimming			Lunchtime Special	Schools Swimming			Swim School		General Swim	Adult Lane Swim	Ladies Swim			
TUES		Swim 4 Fitness	Early Morning Swim	Schools Swimming			Lunchtime Special	Schools Swimming	Staff Training	Swim School	General Swim	Swimming Club						
WED		Swim 4 Fitness	Early Morning Swim	Schools Swimming			Lunchtime Special	Schools Swimming			Swim School		General Swim	Adult Swim Club	Adult Swim School			
THURS		Swim 4 Fitness	Early Morning Swim	Schools Swimming			Lunchtime Special	Schools Swimming	General Swim	Swim School		General Swim	Fun Swim (all ages)	Adult Lane Swim	Swim 4 Fitness			
FRI		Swim 4 Fitness	Early Morning Swim	Ladies Only	50+ Club	Schools Swimming	Lunchtime Special	Adult Swim Club	General Swim				Swimming Club					
SAT		Swimming Club		Swim School		General Swim	General Swim	Fun Swim (all ages)	General Swim	Available for Hire								
SUN		Available to hire					General Swim				Swimming Club							

Closed to public
  Public Swim
  Bookable Sessions



# Variable based pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 am	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm		
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30		
MON	Closed to public				Aquafit	50+ Club		Aquafit	Swim School		General Swim	Swim School			Adult Swim School	Aquafit	Adult Swim		
TUES	Closed to public				Ladies Only	Aquafit (deep water)	Swim School	Adult & Child (Amins - 2yrs)	Swim School	Aquafit	Swim School	General Swim	Swim School			Aquafit	Aquafit (deep water)	Ladies Only	
WED	Closed to public				Aquafit	Adult & Child (Amins - 2yrs)	Swim School	Aquafit 50+	Swim School	General Swim	Swim School			Aquafit	Aquafit	Adult Swim School			
THURS	Closed to public				Aquafit	Swim School	Adult & Child (Amins - 2yrs)	Swim School	Adult Swim School	Swim School	Toddlers Playtime (under 5s)	Swim School			Aquafit	Ladies Only	Closed to public		
FRI	Closed to public				Ladies Lifestyle	50+ Club	Family Swim	Swim School	Adult & Child (Amins - 2yrs)	Swim School	Swim School			Swim School		Splash Disco (9 - 12yrs)	Splash Disco (11 - 12yrs)	Closed to public	
SAT	Swimming Club		Swim School	Offers Disabled Club			Swim School	Adult & Child (Amins - 2yrs)	Swim School	Swim School			Available for Hire	General Swim		Closed to public			
SUN	Swimming Club			Family Swim				General Swim				Available for Hire	Swimming Club						

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# Session Descriptions and Information

**50+ Club** - Social swim for the over 50s.

**Adult and Child** - Pay as you come swim lesson.

**Adult Ladies Only** - Social swim for ladies at leisure.

**Adult Lane Swim** - 2 lanes available plus general swim.

**Adult Swim** - Adults only swim.

**Adult Swim Club** - Instructor lead - must be able to swim 40 lengths.

**Adult Swim School** - Lessons for Beginners and Improvers.

**Aquafit** - Aerobics in the water.

**Early Morning Swim** - Start the day refreshed.

**Family Swim** - Children must be accompanied by an adult.

**Fun Swim** - Floats and fun for all ages.

**General Swim** - Open session for all users, a minimum of 1 lane rope in each session.

**Ladies Lifestyle** - Aqua then a swim.

**Lunchtime Special** - Swim in your lunch break at a cheaper rate.

**Splash Disco** - Swim to music with floats and fun.

**Swim 4 Fitness** - Session plans are available on poolside at these times for those of you wanting to set yourself targets, improve your technique and your stamina.

**Toddlers Playtime** - Fun swim for the Under 5s.

**Admissions Policy** - Children under the age of eight must be accompanied by a person aged 18+ or a parent.

**Crèche Description** - A fun, happy and safe place to leave your children while you partake in activities within the Centre. All our staff have the appropriate qualifications to work in this environment. Your children can participate in all kinds of activities, arts and crafts, toys, games and books while learning how to socialise with their peers.

**Lifeguards** - Lifeguards are on poolside to ensure your safety and enjoyment, please listen to their advice and follow all instructions that are given throughout the duration of your visit. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the lifeguard prior to participation.

**Weak and Non-Swimmers** - All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other floatation aids are available to purchase at the centre.

**Poolside** - The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment must not be used on the poolside. Outdoor shoes and push chairs are not permitted on poolside at any time.

**Programme** - Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

**Changing Village** - Shoes are not permitted in the changing village, however blue overshoes are available at reception at the cost of 25p.

**Tiddenfoot Leisure Centre**  
Mentmore Road, Linslade,  
Leighton Buzzard, Beds LU7 2AF

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