



Stamford Leisure Pool

# Pool programme



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# Lincolnshire schools term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	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	Lane Swim	Adult Lessons	Lane Swim	School Swim		Active Life Swim*	Lane Swim	Adults Only		Swim School				Adults Only (Lanes available)			
	Adult Early Morning Swim						General Swim							Adult Lessons			
TUES	Swim 4 Fitness	Lane Swim		School Swim			Lane Swim	Toddler Splash			Swim School	Fun Swim		Aquafit			
	Adult Early Morning Swim						General Swim	Adults Only									
WED	Lane Swim		Adult Early Morning Swim		School Swim	Toddler Splash	Lane Swim				Swim School		Aquafit	Adults Only			
	Adult Lessons						Adults Only	General Swim						Adult Lessons			
THURS	Swim 4 Fitness	Lane Swim		Swim School	School Swim	Lane Swim	Swim School	General Swim	Swim School	General Swim	Swim School	General Swim	Aquafit	Ladies Lifestyle			
	Adult Early Morning Swim						General Swim	Active Life Swim*						Ladies Swim Lessons			
FRI	Lane Swim	Adult Lessons	Lane Swim	School Swim		Lane Swim					Swim School	Aquatic Youth Club					
	Adult Early Morning Swim						General Swim					Fun Swim					
SAT		Adult Early Morning Swim	Swim School			Fun Swim					Available for Party Hire						
SUN			Adult Early Morning Swim	Lane Swimming	Fun Swim					Available for Party Hire							

Closed to public
  Public Swim
  Bookable Sessions



# Lincolnshire schools holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	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	Lane Swim	Adult Lessons	Lane Swim	Active Life Swim*	Fun Swim							Swim School			Adults Only (Lanes available)		
	Adult Early Morning Swim														Adult Lessons		
TUES	Swim 4 Fitness	Lane Swim		Adult Early Morning Swim	Fun Swim							Swim School	Fun Swim		Adults Only		
														Adult Lessons			
WED	Lane Swim		Adult Early Morning Swim		Toddler Splash	Fun Swim							Swim School		Aquafit	Adults Only	
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THURS	Swim 4 Fitness	Lane Swim		Adult Early Morning Swim	Fun Swim							Swim School	General Swim	Aquafit	Ladies Lifestyle		
															Ladies Swim		
FRI	Lane Swim	Adult Lessons	Lane Swim	Active Life Swim*	Fun Swim							Swim School		Aquatic Youth Club			
	Adult Early Morning Swim													Fun Swim			
SAT	Adult Early Morning Swim		Swim School			Fun Swim							Available for Party Hire				
SUN	Adult Early Morning Swim			Fun Swim							Available for Party Hire						
	Lane Swim																

Closed to public
  Public Swim
  Bookable Sessions

## Session Descriptions and Information

**Active Life Swim** – a gentle class in water, especially suited to the over 50s, using a variety of gentle exercises.

**Adult Early Morning Swim** – start the day the sunrises way!

**Adults Only** – a great way to get away from the kids on an evening!

**Aquafit** – an aerobics session for people who would like to exercise in the water.

**Aqua Natal** – gentle exercise in water during and after pregnancy.

**Aquatic Youth Club** – fun for children over 8 years. Bring your friends along and have a go at new aquatic activities.

**Birthday Parties** – please enquire at reception with regards to booking your child's birthday party.

**Fun Swim** – Session for all the family with waves and flumes available.

**General Swim** – everybody is welcome during these times.

**Ladies Lifestyle** – have a relaxing swim with the girls.

**Lane Swimming** – part of the pool will have lanes available for those wishing to swim lengths\*

**Schools** – National Curriculum swimming lessons.

**Swim 4 Fitness\*** – pay as you go session with programmed cards. Suitable for intermediate swimmers wanting to develop technique & stamina.

\* Programme cards can be purchased and used during general swimming or at specific session.

**Stamford Leisure Pool**  
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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

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**Swim School** – at Stamford Leisure Centre we have an extensive range of swimming lessons for all ages and abilities. Swim School is run under the ASA's National Plan for Teaching Swimming. Please see our Swim School Prospectus and Class Schedule for further information.

**Toddler Splash** – a session aimed at parents/carers with pre-school children. Introduce your little one to the delights of water in a safe environment and improve water confidence from an early age.

**No diving allowed in pool.**

**Admissions Policy**

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

Flume Riders need to be a minimum of 1.1m in height.

**Lifeguards**

Lifeguards are on the 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.

**Poolside**

The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment including mobile phones must not be used on the poolside, or in a spectator area. Outdoor shoes and pushchairs are not permitted on the 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.

**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.

This facility is managed by Leisure in the Community Ltd and Leisure Connection Ltd working in Partnership with South Kesteven District Council.

