

Pool programme



**DO YOUR BIT
SAVE PAPER**

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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
MON			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Lane Swim	Ladies Only	Ladies Only Lessons
			Early Morning Swim	Swim 4 Fitness	Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	Swimming Club	Swimming Club	Swimming Club	Swimming Club
TUES			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
WED			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
THURS			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
FRI			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
			Early Morning Swim		Schools	Schools	Lunchtime Special	Lunchtime Special	Schools	Schools	Swim School	Swim School	General Swim	General Swim	Adult Swim Club	Adult Swim Club	Adult Swim School
SAT			Swimming Club		Schools	Schools	General Swim	General Swim	Kidz Crazy	Kidz Crazy	General Swim	General Swim	Available for Hire	Swimming Club	Swimming Club	Swimming Club	Swimming Club
			Swimming Club		Schools	Schools	General Swim	General Swim	Kidz Crazy	Kidz Crazy	General Swim	General Swim	Available for Hire	Swimming Club	Swimming Club	Swimming Club	Swimming Club
SUN			Swimming Club		Schools	Schools	General Swim	General Swim	Kidz Crazy	Kidz Crazy	General Swim	General Swim	Available for Hire	Swimming Club	Swimming Club	Swimming Club	Swimming Club
			Swimming Club		Schools	Schools	General Swim	General Swim	Kidz Crazy	Kidz Crazy	General Swim	General Swim	Available for Hire	Swimming Club	Swimming Club	Swimming Club	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
MON				AquaFit (9.15 start)		50+ Club	AquaFit								Adult Swim School	Adult Swim	
TUES				Ladies Only	AquaFit	Swim School	Adult & Child Drop In Session	Swim School	Swim School	Swim School	General Swim	Swim School	Swim School	AquaFit	AquaFit (deep water)	Ladies Only	
WED				AquaFit (9.10 start)	Adult & Child Drop In Session	Swim School	Swim School	AquaFit 50+	Swim School	General Swim	General Swim	Swim School	Swim School	AquaFit	AquaFit	Swim School	
THURS				AquaFit (9.10 start)	Adult & Child Drop In Session	Swim School	Swim School	Adult Swim School	Swim School	Toddler Splash with instructor	Swim School	Swim School	Swim School	AquaFit	Ladies Only		
FRI				AquaFit Ladies Lifestyle	General Swim	50+ Club	Family Swim	Swim School	Adult & Child Drop In Session	Adult Lessons	Swim School	Swim School	Swim School	Aqua Youth Club	Adult Swim School		
SAT			Swimming Club	Swim School	Offers Disabled Club					Swim School			Available for Hire	General Swim			
SUN			Swimming Club				Family Swim				Available for Hire						Swimming Club



Closed to public



Public Swim



Bookable Sessions



Swimming Club

Session Descriptions and Information

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

Adult and Child drop-in sessions - 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.

Aquateens - For 8-16 enjoy a session of exercise to great music.

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

Early Morning Swim - Start the day refreshed.

Family Swim - Children must be accompanied by an adult.

Fit as a Fish - Session with qualified instructor. Enjoy gentle exercise, build on fitness and confidence in a friendly, relaxed atmosphere.

Kidz Crazy - 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.

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 flotation 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 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.

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

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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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