

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 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		Early Morning Swim		Senior Swim		Aquafit	General Swim		Schools		Swim School		General Swim		Lane Swim	Adult Swimming	
							Lane Swim										
TUES		Early Morning Swim		Schools		Adult & Child Swim School (Shallow)	General Swim		Schools		Swim School		Lane Swim	Aquafit (Shallow)	Aquafit (Shallow)	Women Only Swim	
														Aquafit (Deep)			
WED		Early Morning Swim		Schools		Toddler Splash (Shallow)	General Swim		Schools		General Swim		Lane Swim	Sleaford Swimming Club			
THURS		Early Morning Swim		Schools		Aquafit (Shallow)	General Swim		Schools		Swim School		General Swim	Aquafit	Adult Swimming		
							Lane Swim						Lane Swim				
FRI		Early Morning Swim		Senior Swim		Toddler Splash (Shallow)	General Swim		Schools		Swim School		General Swim		Adult Swimming		
SAT		Early Morning Swim		Swim School				Adult Swimming		Kids Krazy		Available to hire and birthday parties					
SUN			Private Hire	Family Fun Swim				Adult Swimming		Kids Krazy		Woodhall Sharks					

 Closed to public

 Public Swim/Free Swimming for under 8s

 Bookable Sessions

The length of sessions for General Swims and Kids Krazy may be limited due to demand.



Main pool 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		Early Morning Swim	Swim School Crash Courses	Senior Swim	Aquaffit	General Swim	Lunchtime Swim For Adults	Kids Crazy	Swim School	General Swim	Lane Swim	Adult Swimming					
TUES		Early Morning Swim	Swim School Crash Courses	General Swim	Adult & Child Swim School (Shallow)	Lunchtime Swim For Adults	Kids Crazy	Swim School	Lane Swim	Aquaffit (Shallow)	Aquaffit (Shallow)	Women Only Swim					
WED		Early Morning Swim	Swim School Crash Courses	General Swim	Lunchtime Swim For Adults	Kids Crazy	General Swim	Lane Swim	Sleaford Swimming Club								
THURS		Early Morning Swim	Swim School Crash Courses	General Swim	Aquaffit	Lunchtime Swim For Adults	Kids Crazy	Swim School	General Swim	Aquaffit (Shallow)	Adult Swimming						
FRI		Early Morning Swim	Swim School Crash Courses	Senior Swim	General Swim (Deep)	Lunchtime Swim For Adults	Kids Crazy	Swim School	General Swim	Adult Swimming							
SAT		Early Morning Swim	Swim School	Lunchtime Swim For Adults	Kids Crazy	Available to hire and birthday parties											
SUN		Private Hire	Family Fun Swim	Lunchtime Swim For Adults	Kids Crazy	Woodhall Sharks											

Closed to public
 Public Swim/Free Swimming for under 8s
 Bookable Sessions

The length of sessions for General Swims and Kids Crazy may be limited due to demand.

Session Descriptions and Information

Adult Swimming – adults only with a minimum of one lane rope in each session.

Aquafit – aerobics in the water.

Clubs – session closed to the public for club usage.

Early Morning Swim – the chance to enjoy a swim before school or work. An additional feature within the session includes a roped off lane for the more serious swimmer.

Family Fun Swim – a family session without floats.

General Swim – open session for all users, a minimum of 1 lane rope in each session.

Kids Crazy – this session is for all members of the family to enjoy the swimming pool with additional features including floats and foam shapes.

Lane Swim – the pool will be partially laned for the serious swimmer.

L.C.C. Swim Club – Lincolnshire county development swimming squad.

Party Animals – why not arrange a Party Animals party at the swimming pool. The parties include fun and games in the swimming pool whilst being supervised by the party host team.

Private Hire – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

Senior Swim – a session specifically for older customers.

Staff Training – part or all of the pool will be closed for lifeguard training.

Swim School Crash Courses – why not book a weeks intensive course of swimming lessons. (Only available during school holidays, subject to availability.)

Swim School – offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

Toddler Splash – this is a parent and child session with play equipment available.

Women Only Swim – a swim session for women.

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

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.

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 pushchairs 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 Facilities – shoes are not permitted in the changing rooms, however blue over shoes are available at reception free of charge.

Parking – You can park for FREE for 3 hours in the public car park adjacent to the centre.

Sleaford Leisure Centre
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Lincs NG34 7ET

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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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Leisure in the Community Ltd and Leisure Connection Ltd working in partnership to develop and deliver high quality leisure services in North Kesteven District.