



Meadowlands Leisure Pool

# Pool programme



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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	Closed to public		Adult Swimming	General Swim	Schools			Aqua Fit	General Swim	Toddler Splash Swim School	Senior Swim	Swim School	General Swim	Swim Club	Aqua Fit	Adult Swimming	Closed to public	
TUES	Adult Swimming		General Swim		Swim School		Schools	Adult Swimming	Senior Aqua Fit	General Swim	Senior Swim	Swim School	General Swim	Adult Swim School	Adult Swimming	Closed to public		
WED	Adult Swimming		Adult Swimming	General Swim	Fit As A Fish	Disability Swim	General Swim	Schools			General Swim	Swim School	Swim Club		Adult Swimming	Closed to public		
THURS	Swim Club		Adult Swimming		Schools			Aqua Fit	Senior Swim	General Swim			Swim School	General Swim	Swim Club	Aqua Fit	Adult Swimming	Closed to public
FRI	Adult Swimming		General Swim	General Swim	Toddler Splash	Senior Aqua Fit	General Swim	Schools		Adult Lessons	Senior Swim	Swim School	General Swim		Swim Club			
SAT	Closed to public		Swim School			General Swim	Senior Swim	Wet & Wild				Private Hire						
SUN	Closed to public			General Swim			Wet & Wild					Swim Club						

Closed to public
  Public Swim
  Bookable Sessions



# 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	Closed to public		Adult Swimming	General Swim	Toddler Splash	Aqua Fit		Wet & Wild				Swim School	General Swim	Swim Club	Aqua Fit	Adult Swimming		
TUES		Adult Swimming		Swim School General Swim	Senior Swim	Senior Aqua Fit		Wet & Wild				Swim School	General Swim	Adult Swim School	Adult Swimming			
WED		Adult Swimming		Adult Swimming	General Swim	Disabled Swim		Wet & Wild				Swim School	General Swim		Swim Club		Adult Swimming	
THURS		Swim Club	Adult Swimming	Adult Swimming	General Swim	Senior Swim	Aqua Fit		Wet & Wild				Swim School	General Swim	Swim Club	Aqua Fit	Adult Swimming	
FRI		Adult Swimming		Family Swim	Toddler Splash	Senior Aqua Fit		Wet & Wild				Swim School	General Swim		Swim Club			
SAT	Closed to public		Swim School			General Swim	Senior Swim	Wet & Wild				Private Hire						
SUN	Closed to public			General Swim			Wet & Wild				Swim Club							

Closed to public
  Public Swim
  Bookable Sessions

## Session descriptions and Information

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

**Aqua Fit** – aerobics in the water.

**Disabled** – a safe and relaxing session for the disabled to swim. Helpers are always available in the pool.

**Family Fun Swim** – fun swimming for all the family incorporating floats and inflatables (not available in all sites).

**Fit as a Fish** – Session with qualified instructor. Enjoy gentle exercise, build on fitness & confidence in a friendly relaxed atmosphere with a tea or coffee included.

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

**Pool Walking** – length swimming and pool walking.

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

**Swim Club** – session closed to the public for club usage.

**Swim 4 Fitness** – A great session for using the pool to stay fit and healthy. A choice of session programmes are available should you wish to gain more from your swim. Choose from the following – Calm, Tone, Fitness or Performance. Session cards are available from the poolside Swim 4 Fitness stand. It is advisable to book this session at reception.

**Toddler Splash** – this session is the first step for parents to introduce their baby or tiny tot to the water. A relaxing session with toys and buoyancy aids are always available.

**Wet & Wild** – features include the exciting outdoor river ride, indoor river rapids, blue tube slide, waterfalls and bubble seats.

**Women Only Swim** – a swim session for women.

**Admissions Policy** – in the interest of safety one adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.

**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 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 for free.

**Bank Holidays** – please be aware that opening times are  
09.00 – 12.00 Family Fun Swim  
12.00 – 16.00 Wet & Wild  
16.00 – 17.00 Adult Only

### Meadowlands

### 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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