

Westminster Lodge Leisure Centre

Teaching Pool Holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME	
05:00								05:00	
06:00								06:00	
07:00								07:00	
08:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Aqua Classes	Swim Lessons S4E S4E S4E S4E	Swim Lessons S4E S4E	08:00	
09:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim Lessons			Swim Lessons	09:00
10:00	Clubs	Clubs	Clubs	Clubs	Clubs			Swim 4 Everyone	10:00
11:00			Clubs					Swim 4 Everyone	11:00
12:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone	12:00	
13:00						Swim 4 Everyone	Swim 4 Everyone	13:00	
14:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	14:00	
15:00						Swim 4 Everyone	Swim 4 Everyone	15:00	
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Clubs	Clubs	16:00	
17:00								Private Hire	17:00
18:00	Swim 4 Everyone	Swim Lessons		Swim Lessons		Private Hire		18:00	
19:00			Aqua Classes		Ladies Only				19:00
20:00	Aqua Classes			Clubs				20:00	
21:00								21:00	
22:00								22:00	

We have 10 lanes available at Westminster Lodge

Due to the popularity of our pools a Banding System is used on Saturday's and Sunday's and during all school holidays.

The system is for our Teaching and Water Confidence pools only.

Bands can be purchased in advance either online or at the centre.

Banded sessions are restricted to 55 minutes and are bookable on the hour.

Swimmers in the Main Pool do not require bands.

FITNESS AND FUN

Swim 4 Everyone For everyone to experience the fun, relaxing and invigorating activity that swimming is. Dip your toe in, the water's lovely...

FITNESS AND HEALTH

Ladies Only These are sessions for women aged 16 and over only to swim socially in a lane. Ask for a results card to get more from your swim.

HIRE

Clubs Sessions where local swimming, or other water-based activities, clubs use the pool for coaching sessions.
Private Hire Our swimming facilities are available to hire, contact reception for details.

LEARNING TO SWIM

Swim Lessons Everyone Active's award-winning learn-to-swim programme is designed to teach children from four months and up to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime.

WATER WORKOUTS

Aqua Classes A fun and invigorating instructor led all-over body work-out in the water designed to effectively burn calories with minimal impact on the body.