

# Westminster Lodge Leisure Centre

## Teaching Pool Term Time

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	Schools	Schools	Swim 4 Everyone	Aqua Classes	Swim Lessons	Swim Lessons	08:00	
09:00					S4E			S4E	09:00
10:00					S4E			S4E	10:00
11:00					S4E			S4E	11:00
12:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Schools	Swim Lessons	Swim 4 Everyone	12:00	
13:00								13:00	
14:00	Schools	Schools	Schools	Schools	Schools	Schools	Swim 4 Everyone	14:00	
15:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	15:00	
16:00								16:00	
17:00	Swim 4 Everyone	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	17:00	
18:00								18:00	
19:00	Aqua Classes		Aqua Classes	Clubs	Ladies Only	Private Hire		19:00	
20:00								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

**Schools** Our pool provides swimming facilities for the whole community, including local schools. Ask at reception for more details.  
**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.  
**Aqua Natal** A dedicated instructor led session for pregnant women or new mums only that provides an invigorating and safe all-over body work-out in the water with minimal impact.