

Swim Session Descriptions

FAMILY AND FUN

Adult Gentle Swim sessions for adults to swim socially, no lanes.

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

Under 5s Fun Swim sessions for children under 5 who must be accompanied by an adult.

Women Only sessions for women only 16 and over to swim socially or in a lane that may be provided, ask for a results card to get more from your swim.

FITNESS AND HEALTH

Swim 4 Fitness One lane will be provided for those able to swim continuous lengths. Swim programmes and equipment available.

WATER WORKOUTS

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

HIRE

Private Hire Our facilities are available to hire - contact reception for details.