

Everyone Active Acton Centre

Teaching Pool Holiday Programme



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00						Aqua Class		08:00
09:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	09:00
10:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Women Only Aqua Class	Swim 4 Everyone			10:00
11:00	Clubs	Clubs	Clubs	Clubs	Clubs			11:00
12:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	Swim Lessons			12:00
13:00	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Birthday Party Hire	13:00
14:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Birthday Party Hire	Swim 4 Everyone	14:00
15:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	Family Fun Swim	15:00
16:00							Swim 4 Everyone	16:00
17:00							Women Only	17:00
18:00							Clubs	18:00
19:00	Clubs	Disability Swim	Women Only Swim Lessons	Women Only	Clubs			19:00
20:00		Aqua Class	Women Only Aqua Class	Swim 4 Everyone	Swim 4 Everyone			20:00
21:00			Swim 4 Everyone					21:00
22:00								22:00

FITNESS AND FUN

Clubs Competitive local swimming club session or other water based club session – providing coaching to advanced levels.

Family Fun Swim sessions for families where floats or other equipment will be available for entertainment.

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

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

SPECIALITIES

Disability Swim Operator led sessions for disabled swimmers only or disabled swimmers accompanied with a carer.

LEARNING TO SWIM

Adult Swim Lessons Everyone Active's adult swim lessons are specifically designed for everyone from 16 & over to learn the basics of swimming through to more advanced stroke techniques and training. Enrol anytime at centre reception.

Swim Lessons Everyone Active's programme is designed for children from four months to learn to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime at centre reception.

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

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

Make sure children under eight are accompanied by an adult over 18 years with a maximum of two children per adult.

A band system will be used during all public sessions for safety reasons.

For details on Everyone Active's swimming lessons programme for children and adults please ask at reception, spaces are available.

Zoggs swimwear, goggles and other products are available to buy from reception.

For swimming activity programmes to help you stay active in the pool, see those on pool-side or go to Everyone Active Online.

*Women only sessions may be Lifeguarded by a male lifeguard in the event we are unable to provide a female lifeguard

Please note: All sessions are 50 minutes to allow 10 minute changer over.