Everyone Active Acton Centre

Teaching Pool Holiday Programme



Make sure children under eight are accompanied by an adult over 18 years with

a maximum of two children

A band system will be used during all public sessions for

For details on Everyone

programme for children and adults please ask at

Zoggs swimwear, goggles

and other products are

available to buy from

For swimming activity programmes to help you

stay active in the pool, see

Everyone Active Online.

*Women only sessions

may be Lifeguarded by a male lifeguard in the event

female lifeguard

Please note: All

we are unable to provide a

those on pool-side or go to

reception, spaces are

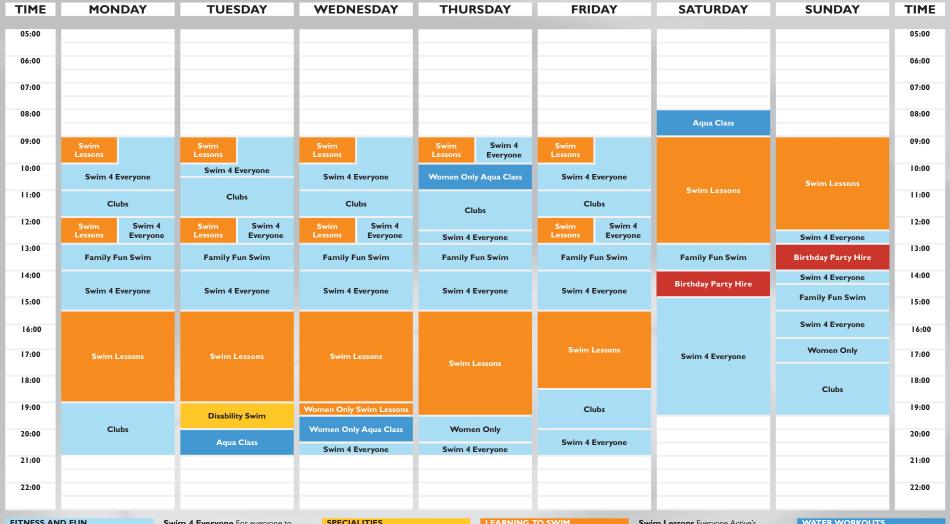
Active's swimming lessons

per adult.

available.

reception.

safety reasons.



sessions are 50 minutes to allow 10 minute changer over.

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 stoke 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

Timetable correct as at September 2015. Please check public notice boards and **www.everyoneactive.com** for any timetable changes.