

Bristol South Leisure Centre

Main 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	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness		Swim 4 Fitness	08:00
09:00	Swim 4 Everyone	Swim 4 Everyone*	Swim 4 Everyone	Colleague Training	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Fitness	09:00
10:00	Aqua Class		Swim Lessons			Swim Lessons		10:00
11:00				Swim 4 Everyone			Swim 4 Everyone*	11:00
12:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness		12:00
13:00								13:00
14:00	Swim 4 Everyone*	Swim 4 Everyone	Swim 4 Everyone*	Swim 4 Everyone	Swim 4 Everyone	Family Fun Swim*	Family Fun Swim*	14:00
15:00		Young at Heart		Young at Heart		Swim 4 Everyone	Swim 4 Fitness	15:00
16:00	Swim 4 Everyone*	Swim 4 Everyone*			Swim 4 Everyone			16:00
17:00		Swim 4 Fitness	Swim Lessons	Swim Lessons	Swim 4 Fitness			17:00
18:00	Swim 4 Fitness			Swim 4 Fitness	Clubs			18:00
19:00		Clubs	Swim 4 Fitness	Women Only	Colleague Training			19:00
20:00	Clubs		Clubs					20:00
21:00								21:00
22:00								22:00

*These sessions run invariably due to training requirements. Please check with Centre to avoid disappointment.

Children under 8 years old must be accompanied by a parent/guardian or adult over 18 years, with a maximum of 2 children per 1 adult

A band system will be in use during all public sessions

This centre has disabled accessible steps and hoist available

Lockers require a £1 coin

FITNESS AND FUN

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

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

Swim 4 Fitness sessions for adults 16 & over to swim uninterrupted in lanes provided, ask for a results card to get more from your swim. Fin and hand paddle friendly.

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

Young at Heart sessions for adults 50 & over only to swim socially or in a lane provided, ask for a results card to get more from your swim.

SPECIALITIES

Colleague Training Essential training for staff who work pool-side as lifeguards to ensure everyone's safety.

LEARNING TO SWIM

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.

Timetable correct as at March 2016. Please check public notice boards and www.everyoneactive.com for any timetable changes.