

Hornchurch Sports Centre

Main Pool Programme



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00	Clubs	Clubs	Clubs	Clubs	Clubs			06:00
07:00						Clubs		07:00
08:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Everyone	08:00
09:00	Aqua Class				Aqua Class			09:00
10:00	Schools	Schools	Schools	Schools	Schools	Swim 4 Everyone	Swim 4 Everyone	10:00
11:00	Adult Swim Lessons					Swim 4 Everyone	Swim Lessons	11:00
12:00	Schools							12:00
13:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Everyone	13:00
14:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone		Clubs	14:00
15:00						Clubs	*Family Fun Swim	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Clubs	16:00
17:00						Swim 4 Everyone	Swim 4 Everyone	17:00
18:00								18:00
19:00		Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone			Adult Swim Lessons	19:00
20:00	Clubs				Clubs		Clubs	20:00
21:00		Clubs	Adult Swim Lessons	Clubs			Swim 4 Fitness	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...

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.

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.

Schools Our pool provides swimming for the whole community, including local schools. Ask for details at 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.

*Please note our Family Fun Swim sessions are subject to change due to parties, please check with reception 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.

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