

Hornchurch Sports Centre

Teaching Pool 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 Everyone	Swim 4 Everyone	08:00
09:00	Adult Swim Lessons		Aqua Class					09:00
10:00	Swim Lessons			Swim Lessons			Swim Lessons	10:00
11:00		Swim Lessons	Swim Lessons		Swim Lessons	Swim Lessons		11:00
12:00	Aqua Class			Aqua Class			Swim 4 Everyone	12:00
13:00	Swim Lessons	Aqua Class	Adult Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons	13:00
14:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone		Clubs	14:00
15:00								15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	*Family Fun Swim	16:00
17:00								17:00
18:00								18:00
19:00	Aqua Class	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Clubs		Clubs	19:00
20:00	Aqua Class				Clubs		Aqua Class	20:00
21:00								21:00
22:00								22:00

*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.

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...

SPECIALITIES

Community Groups A session where specific water-based activities are taking place.

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.

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