

# Leventhorpe Pool & Gym

## 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				08:00		
09:00	Swim Lessons (Crash Course)	Swim Lessons (Crash Course)	Swim Lessons (Crash Course)	Swim Lessons (Crash Course)	Swim Lessons (Crash Course)	Swim Lessons	Swim 4 Everyone	09:00		
10:00	Swim 4 Everyone (Finishes at 13:20)	Swim 4 Everyone (Finishes at 13:20)	Swim 4 Everyone (Finishes at 13:20)	Swim 4 Everyone (Finishes at 13:20)	Swim 4 Everyone (Finishes at 13:20)					10:00
11:00										
12:00						Swim 4 Everyone		12:00		
13:00	Swim 4 Fitness (Finishes at 14:20)	Swim 4 Fitness (Finishes at 14:20)	Swim 4 Fitness (Finishes at 14:20)	Swim 4 Fitness (Finishes at 14:20)	Swim 4 Fitness (Finishes at 14:20)	Family Fun Swim	Family Fun Swim	13:00		
14:00	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Private Hire	Private Hire	14:00		
15:00										15:00
16:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone			16:00		
17:00										17:00
18:00					Swim Lessons			Swim Lessons		
19:00	Aqua Class		Aqua Class	Swim 4 Fitness				19:00		
20:00	Swim 4 Fitness		Swim 4 Fitness	Colleague Training				20:00		
21:00								21:00		
22:00								22:00		

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

**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.

### 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.

### HIRE

**Private Hire** Our facilities are available to hire - contact reception for details.

Timetable correct as at April 2016. Please check public notice boards and [www.everyoneactive.com](http://www.everyoneactive.com) for any timetable changes.