

Loftus Leisure Centre

Teaching Pool Term-Time Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00								08:00
09:00								09:00
10:00		Adult Swim Lessons	Disability Swim	Adult & Toddler		Swim Lessons		10:00
11:00	Disability Swim	Schools	Family Fun Swim	Schools	Schools	Adult & Toddler	Family Fun Swim	11:00
12:00	Family Fun Swim	Little Ducks Learn to Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim		12:00
13:00		Family Fun Swim						13:00
14:00	Schools	Schools	Schools	Schools	Schools	Family Fun Swim	Private Hire	14:00
15:00	Family Fun Swim	Family Fun Swim	Family Fun Swim		Adult & Toddler			15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Family Fun Swim				16:00
17:00				Family Fun Swim 17:10-17:55				17:00
18:00	Family Fun Swim				Family Fun Swim			18:00
19:00		Family Fun Swim	Family Fun Swim	Family Fun Swim				19:00
20:00	Women Only Women Only Swim Lessons							20:00
21:00								21:00
22:00								22:00

Make sure children under eight are accompanied by an adult over 18 years with a maximum of two children per adult.

A band system will be used during all public sessions for safety reasons.

For details on Everyone Active's swimming lessons programme for children and adults please ask at reception, spaces are available.

Zoggs swimwear, goggles and other products are available to buy from reception.

For swimming activity programmes to help you stay active in the pool, see those on pool-side or go to Everyone Active Online.

FITNESS AND FUN

Adult & Toddler sessions for children under 5 who must be accompanied by an adult.

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.

HIRE

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

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.