

Mid Suffolk Leisure Centre

Teaching Pool Holiday Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:00							
06:00							
07:00							
08:00							
09:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Clubs
10:00						Swim Lessons	
11:00					Swim 4 Everyone		
12:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone			Swim 4 Everyone
13:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
14:00							
15:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	
16:00					Swim Lessons		Swim Lessons
17:00		Swim Lessons	Swim Lessons	Swim Lessons			
18:00							
19:00	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone	Clubs	Clubs		Swim Lessons
20:00							
21:00							
22:00							

In participating pools ONLY, anyone 16 & under or / & 60 & over will be eligible to swim4free* at public session times *(terms apply).

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...

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.