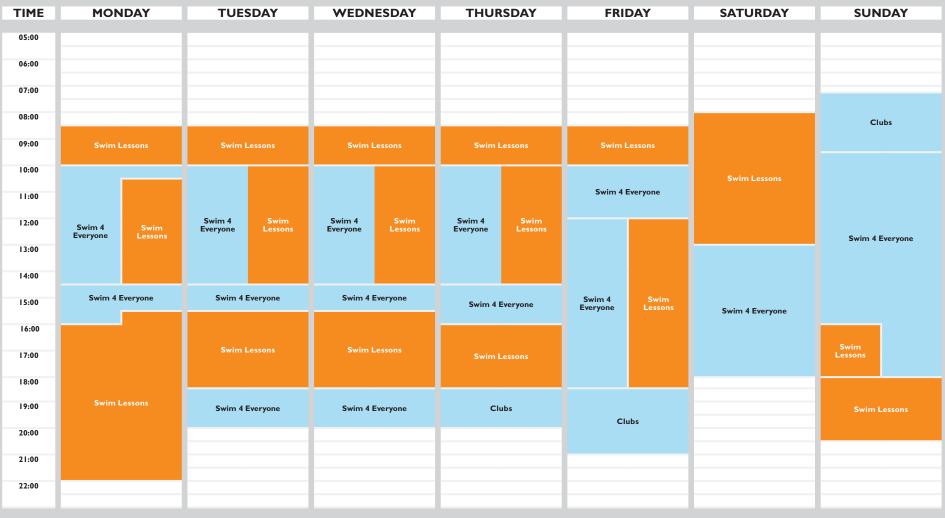
Mid Suffolk Leisure Centre

Teaching Pool Holiday Programme



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.

Timetable correct as at July 2016. Please check public notice boards and www.everyoneactive.com for any timetable changes.