

Queen Mother Sports Centre

Leisure Pool Holiday Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00		Clubs		Clubs				07:00
08:00		Clubs		Clubs				08:00
09:00								09:00
10:00								10:00
11:00								11:00
12:00						Wet & Wild	Wet & Wild	12:00
13:00	Swim 4 Everyone	Swim 4 Everyone				Aqua Class	Clubs	13:00
14:00					Swim 4 Everyone	Pool Party	Pool Party	14:00
15:00	Wet & Wild	Wet & Wild	Aqua Class					15:00
16:00								16:00
17:00			Clubs	Wet & Wild		Club		17:00
18:00		Clubs	Clubs				Clubs	18:00
19:00		Clubs	Clubs	Clubs				19:00
20:00		Clubs	Clubs	Clubs	Clubs			20:00
21:00								21:00
22:00								22:00

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...

Wet & Wild sessions for children with or without* an adult where inflatables are provided (under 8's policy applies).

LEARNING TO SWIM

Schools Our pool provides swimming for the whole community, including local schools. Ask for details at 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.

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.

This centre has disabled accessible steps and hoist available.

Lockers require a £1 coin.

Timetable correct as at April 2017. Please check public notice boards and www.everyoneactive.com for any timetable changes.