

Raich Carter Sports Centre

Pool 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		Schools	Schools	Schools	Swim Lessons Schools			10:00
11:00						Swim Lessons	Swim 4 Everyone	11:00
12:00	Aqua Class		Aqua Class	Aqua Class	Aqua Class			12:00
13:00	Swim 4 Everyone	Schools	Schools	Swim 4 Everyone	Schools	Swim 4 Everyone		13:00
14:00				Private Hire			Private Hire	14:00
15:00			Colleague Training					15:00
16:00	Swim Lessons	Swim Lessons		Swim Lessons		Sunderland Special Olympics	Private Hire	16:00
17:00								17:00
18:00					Evolve Youth Project		Sunderland Lifesavers Club	18:00
19:00	Aqua Class	Women Only	Aqua Class			Evolve Youth Project		19:00
20:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone				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

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...

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.

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

Colleague Training Essential training for staff who work pool-side as lifeguards to ensure everyone's safety.

LEARNING TO SWIM

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.

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.