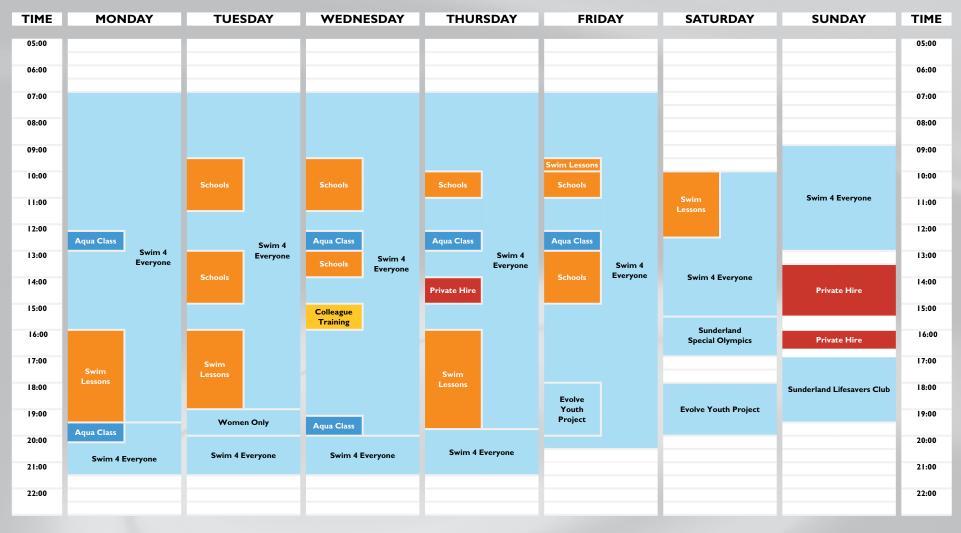
Raich Carter Sports Centre

Pool Programme





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 **Schools** Our pool provides swimming staff who work pool-side as lifeguards to ensure everyone's safety.

LEARNING TO SWIM

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.

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

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