

West Lindsey Leisure Centre

Main Pool Holiday Programme

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

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.

FITNESS AND FUN

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.

Clubs Competitive local swimming club session or other water based club session – providing coaching to advanced levels.
Wet & Wild sessions for children with or without* an adult where inflatables are provided (under 8's policy applies).

LEARNING TO SWIM

Adult Swim Lessons Everyone Active's adult swim lessons are specifically designed for everyone from 16 & over to learn the basics of swimming through to more advanced stroke techniques and training. Enrol anytime at centre 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.

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