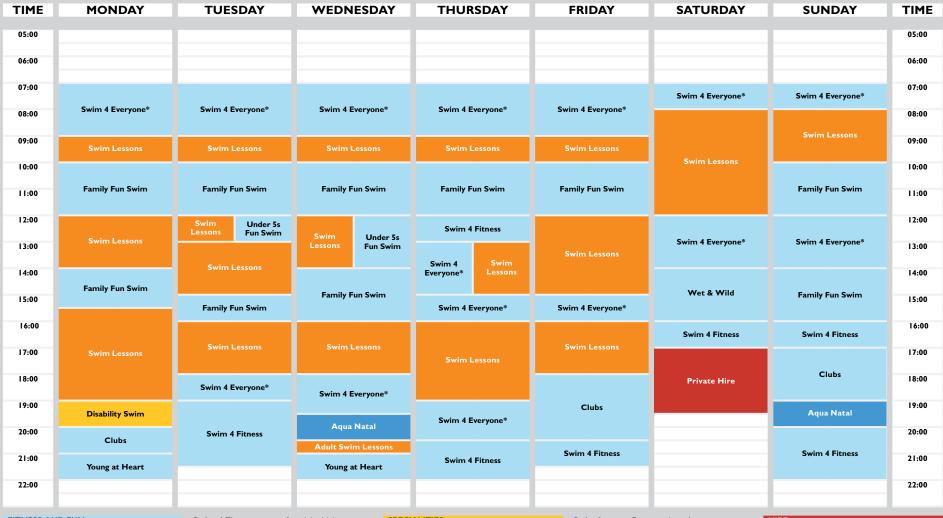
Waterfield Leisure Centre

Teaching Pool Holiday Programme



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

Children under 8 years old must be accompanied by a parent/guardian or adult

over 18 years, with a maximum of 2 children

A band system will be in

*This session has lanes for

use during busy public

per I adult.

sessions.

swimming.

FITNESS AND FUN

Clubs Competitive local swimming club session or other water based club session - providing coaching to advanced levels.

Family Fun Swim sessions for families where floats or other equipment will be available for entertainment

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.

Under 5s Fun Swim sessions for children under 5 who must be accompanied by an adult.

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

SPECIALITIES

Disability Swim Operator led sessions for disabled swimmers only or disabled swimmers accompanied with a carer.

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 stoke 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 Natal A dedicated session for pregnant women or new mums only, providing an invigorating safe all over body work-out in the water with minimal

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