

Waterfield Leisure Centre

Teaching 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 Everyone*	Swim 4 Everyone*	Swim 4 Everyone*	Swim 4 Everyone*	Swim 4 Everyone*	Swim 4 Everyone*	Swim 4 Everyone*	08:00
09:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	09:00
10:00	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim		Family Fun Swim	10:00
11:00								11:00
12:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Fitness	Swim Lessons	Swim 4 Everyone*	Swim 4 Everyone*	12:00
13:00		Under 5s Fun Swim		Swim 4 Everyone*				13:00
14:00	Family Fun Swim	Swim Lessons	Family Fun Swim	Swim Lessons	Swim 4 Everyone*	Wet & Wild	Family Fun Swim	14:00
15:00		Family Fun Swim						15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Fitness	Swim 4 Fitness	16:00
17:00						Private Hire	Clubs	17:00
18:00		Swim 4 Everyone*	Swim 4 Everyone*					18:00
19:00	Disability Swim	Swim 4 Fitness	Aqua Natal	Swim 4 Everyone*	Clubs		Aqua Natal	19:00
20:00	Clubs		Adult Swim Lessons					20:00
21:00	Young at Heart		Young at Heart	Swim 4 Fitness	Swim 4 Fitness		Swim 4 Fitness	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.

A band system will be in use during busy public sessions.

*This session has lanes for 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.

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 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 impact.

HIRE

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

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