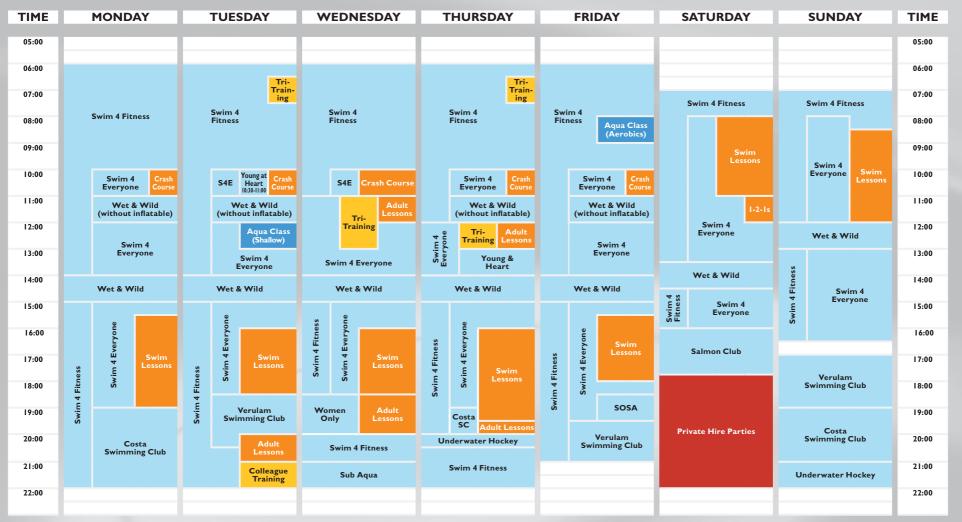
Westminster Lodge Leisure Centre

Main Pool Holiday 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.

Diving is now permitted in our main pool.

FITNESS AND FUN

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

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. All children under 8 to be accompanied by parent / guardian to a ratio of 1 adult to 2 children.

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 swimmers who want to swim uninterrupted in lanes provided, ask for a result card to get more from your swim. Fin and hand paddle friendly.

Young at Heart sessions for adults 50 & over only to swim socially or in a lane provided, ask for a results card to get more from your swim.

Wet & Wild Inflatable sessions for over 8's only, Under 8 policy applies. For fun sessions with inflatable, admission to equipment is at management discretion.

SPECIAL ITIES

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

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.

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 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.

HIRE

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

Timetable correct as at July 2015. Please check public notice boards and www.everyoneactive.com for any timetable changes.