

# Westminster Lodge 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		Tri-Training		Tri-Training				07:00
08:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness Aqua Class (Aerobics)	Swim 4 Fitness	Swim 4 Fitness	08:00
09:00								09:00
10:00	Swim 4 Everyone Crash Course	S4E Young at Heart 10:30-11:00 Crash Course	S4E Crash Course	Swim 4 Everyone Crash Course	Swim 4 Everyone Crash Course	Swim 4 Fitness Swim Lessons	Swim 4 Everyone Swim Lessons	10:00
11:00	Wet & Wild (without inflatable)	Wet & Wild (without inflatable)	Adult Lessons	Wet & Wild (without inflatable)	Wet & Wild (without inflatable)	Swim 4 Everyone 1-2-1s		11:00
12:00	Swim 4 Everyone	Aqua Class (Shallow)	Tri-Training	Swim 4 Everyone Tri-Training Adult Lessons	Swim 4 Everyone		Wet & Wild	12:00
13:00		Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone Young & Heart				13:00
14:00	Wet & Wild	Wet & Wild	Wet & Wild	Wet & Wild	Wet & Wild	Wet & Wild	Swim 4 Fitness Swim 4 Everyone	14:00
15:00						Swim 4 Fitness Swim 4 Everyone		15:00
16:00	Swim 4 Fitness Swim 4 Everyone Swim Lessons	Swim 4 Fitness Swim 4 Everyone Swim Lessons	Swim 4 Fitness Swim 4 Everyone Swim Lessons	Swim 4 Fitness Swim 4 Everyone Swim Lessons	Swim 4 Fitness Swim 4 Everyone Swim Lessons	Swim 4 Fitness Swim 4 Everyone		16:00
17:00						Salmon Club		17:00
18:00							Verulam Swimming Club	18:00
19:00		Verulam Swimming Club	Women Only Adult Lessons	Costa SC Adult Lessons	SOSA			19:00
20:00	Costa Swimming Club	Adult Lessons	Swim 4 Fitness	Underwater Hockey	Verulam Swimming Club	Private Hire Parties	Costa Swimming Club	20:00
21:00		Colleague Training	Sub Aqua	Swim 4 Fitness			Underwater Hockey	21:00
22:00								22:00

\*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.

### SPECIALITIES

**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 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.

### 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](http://www.everyoneactive.com) for any timetable changes.