

# Westminster Lodge Leisure Centre

## Main Pool Term Time

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Swim 4 Fitness	Clubs Swim 4 Fitness	Swim 4 Fitness	Clubs Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	07:00
08:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Aqua Classes Swim 4 Everyone	Swim 4 Fitness	Swim 4 Fitness	08:00
09:00	Swim 4 Everyone	Schools Young at Heart Swim 4 Everyone	Schools Swim 4 Everyone	Swim 4 Everyone	Schools	Swim Lessons	Swim Lessons	09:00
10:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Schools	Swim Lessons	Swim Lessons	10:00
11:00	Aqua Classes	Aqua Classes	Clubs	Aqua Classes	Clubs	Swim 4 Everyone	Swim 4 Everyone	11:00
12:00	Aqua Classes	Aqua Classes	Clubs	Aqua Classes	Clubs	Swim 4 Everyone	Swim 4 Everyone	12:00
13:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	13:00
14:00	Schools Swim 4 Everyone	Schools Swim 4 Everyone	Schools Swim 4 Everyone	Schools Swim 4 Everyone	Schools Swim 4 Everyone	Wet & Wild	Wet & Wild	14:00
15:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone Swim 4 Fitness	Swim 4 Everyone Swim 4 Fitness	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Clubs	Clubs	16:00
17:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Clubs	Clubs	17:00
18:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Clubs	Clubs	18:00
19:00	Clubs	Clubs	Ladies Only	Clubs	Clubs	Private Hire	Clubs	19:00
20:00	Clubs	Clubs	Swim Lessons Swim 4 Fitness	Swim Lessons	Clubs	Private Hire	Clubs	20:00
21:00	Clubs	Closed 21:00 - 21:15 Clubs S4F*	Clubs	Swim 4 Fitness	Swim 4 Fitness	Private Hire	Clubs	21:00
22:00								22:00

We have 10 lanes available at Westminster Lodge

Due to the popularity of our pools a Banding System is used on Saturday's and Sunday's and during all school holidays.

The system is for our Teaching and Water Confidence pools only.

Bands can be purchased in advance either online or at the centre.

Banded sessions are restricted to 55 minutes and are bookable on the hour.

Swimmers in the Main Pool do not require bands.

\*Width session

### FITNESS AND FUN

**Swim 4 Everyone** For everyone to experience the fun, relaxing and invigorating activity that swimming is. Dip your toe in, the water's lovely...

**Wet & Wild** Sessions for children where inflatables are provided (Age restrictions may apply at some sites) Children under eight must be accompanied by an adult (2 children to 1 adult) and must be able to swim 25 metres.

### FITNESS AND HEALTH

**Ladies Only** These are sessions for women aged 16 and over only to swim socially in a lane. Ask for a results card to get more from your swim.

**Swim 4 Fitness** A structure lane-based session for confident swimmers able to swim continuously in a lane. Swim programmes and pool fitness equipment is available. Fin and paddle friendly.

**Young at Heart** A relaxing session for adults aged 50 and over to swim socially in a lane. Ask for a results card to help you get more from your swim.

### HIRE

**Clubs** Sessions where local swimming, or other water-based activities, clubs use the pool for coaching sessions.

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

### LEARNING TO SWIM

**Schools** Our pool provides swimming facilities for the whole community, including local schools. Ask at reception for more details.

**Swim Lessons** Everyone Active's award-winning learn-to-swim programme is designed to teach children from four months and up to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime.

### WATER WORKOUTS

**Aqua Classes** A fun and invigorating instructor led all-over body work-out in the water designed to effectively burn calories with minimal impact on the body.