

Swim Session Descriptions

FAMILY AND FUN

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...

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

FITNESS AND HEALTH

Swim 4 Fitness A lane based session for those aged 16 years and over, able to swim a confident and continuous 8 lengths. Swim programmes and equipment available.

Swim 4 Confidence For adults looking to build their water confidence.

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

Women Only sessions for women only 16 and over to swim socially or in a lane that may be provided, ask for a results card to get more from your swim.

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.

HIRE

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