

Vale Farm Sports 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			08:00
09:00	Crash Courses	Crash Courses	Crash Courses	Crash Courses	Crash Courses	Swim Lessons	Swim Lessons	09:00
10:00								10:00
11:00				Swim Lessons				11:00
12:00	Swim 4 Everyone & Kids Swim Free	Swim 4 Everyone & Kids Swim Free	Swim 4 Everyone & Kids Swim Free	Swim 4 Everyone & Kids Swim Free	Swim 4 Everyone & Kids Swim Free			12:00
13:00								13:00
14:00						Swim 4 Everyone	Family Fun Swim	14:00
15:00								15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Swim Lessons	16:00
17:00						Women and Girls	Brent Dolphins Swim Club	17:00
18:00						CLOSED		18:00
19:00	Brent Dolphins Swim Club	Women and Girls	Swim 4 Everyone	Brent Dolphins Swim Club	Private Hire	Women and Girls	Private Hire	19:00
20:00			Clubs					20:00
21:00						Private Hire		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 public sessions when maximum numbers are being reached.

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.

Kids Swim Free

If you are aged 16 and under and live in the London Borough of Brent, then during the school holidays you can swim for FREE (pre registration and T&Cs apply).