

# Westgate 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		Clubs		Clubs				07:00
08:00		Swim 4 Everyone	Swim 4 Everyone				Clubs	08:00
09:00					Swim 4 Everyone			09:00
10:00	Swim 4 Everyone	Wet & Wild	Aqua Class	Swim 4 Everyone		Swim 4 Everyone (Finishes at 11:45)	Swim Lessons	10:00
11:00	Aqua Class	Swim 4 Everyone	Aqua class		Aqua Class			11:00
12:00	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Swim 4 Fitness (12:05 - 13:55)	Wet & Wild		12:00
13:00								13:00
14:00	Swim 4 Everyone (Finishes at 16:25)		Swim 4 Everyone	Wet & Wild	Aqua Class	Swim 4 Everyone	Swim 4 Everyone (CPC)	14:00
15:00					Swim 4 Everyone (Finishes at 16:25)			15:00
16:00	Swim Lessons	Swim 4 Everyone	Swim Lessons	Swim Lessons	Swim Lessons			16:00
17:00			Clubs	Swim 4 Everyone		Sussex Otters		17:00
18:00	Clubs	Swim 4 Fitness		Clubs	Clubs	Swim 4 Everyone (CPC)		18:00
19:00								19:00
20:00		Clubs	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness			20:00
21:00	Swim 4 Fitness							21:00
22:00								22:00

Children under 8 years old must be accompanied by a parent/guardian or adult over 18 years, with a maximum of 2 children per 1 adult in all pools and for children under 5, 1 child per 1 adult when in the main pool.

A band system will be in use during all public sessions.

This centre has a disabled hoist available.

Lockers require a token which can be purchased at reception

**Please note:** The Slide will be open between 10.00-17.00 but will be closed during Lessons and Leisure Pool Aqua sessions.

### FITNESS AND FUN

**CPC** – Check for pool closures on the website or in the centre.

**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

**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.

### HIRE

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

### LEARNING TO SWIM

**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.