

Aqua Vale Swimming & Fitness Centre

Open Air Pool (with retractable roof) 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								08:00
09:00	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	Swim Lessons	Swim 4 Fitness	09:00
10:00								10:00
11:00								11:00
12:00								12:00
13:00	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	13:00
14:00								14:00
15:00								15:00
16:00								16:00
17:00	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Everyone	Swim 4 Fitness	17:00
18:00								18:00
19:00								19:00
20:00								20:00
21:00		Swim Lessons (Women Only)						21:00
22:00								22:00

Children under the age of 8 years must be accompanied by a parent or adult aged of 18 or over in the ratio of 2:1

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

FITNESS AND FUN

Family Fun Swim sessions for families where floats or other equipment will be available for entertainment.

Swim 4 Fitness sessions for adults 16 & over to swim uninterrupted in lanes provided, ask for a results card to get more from your swim. Fin and hand paddle friendly.

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.

LEARNING TO SWIM

Schools Our pool provides swimming for the whole community, including local schools. Ask for details at 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 September 2017. Please check public notice boards and www.everyoneactive.com for any timetable changes.