Swim Descriptions

FITNESS AND FUN

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

Family Fun Swim with Flumes Sessions for Families where floats or other equipment will be available and our amazing flume(s) will be open for use.

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 where small inflatables toys, floats and flume are included. Children must be over 1.1 metres to be able to use the flume.

FITNESS AND HEALTH

Adult Gentle Swim Sessions for adults to swim socially, no lanes.

Community Groups A session where specific water-based activities take place.

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

Adult Swim Lessons Everyone Active's adult swim lessons are designed for anyone aged 16 and over to learn the basics of swimming all the way through to more advanced stroke techniques and training. You can enrol at any time.

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.

SPECIALITIES

Colleague Training Essential training for staff who work pool-side as lifeguards to ensure everyone’s safety.

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.