

## Plymouth Life Centre

Thanks to a partnership between Plymouth University, Plymouth City Council and Everyone Active, Plymouth University Students and Staff are entitled to attend certain sessions each week free of charge. Students and staff must have their Plymouth University ID card with them as proof of identification and sign up to a Free Everyone Active Card to gain free access to these sessions. The sessions run on the dates detailed below to coincide with the academic term.

### Monday - Pool C

**18:00 - 19:30**

#### University Casual Swimming Session

(Session 1 starts at 18:00, Session 2 starts at 18:45)

All year round apart from Christmas and New Year Weeks

### Wednesday – Diving Pool

**13:00 - 14:30pm**

#### University Casual Swimming Session

(Session 1 starts at 13:00, Session 2 starts at 13:45)

19/09/18 – 12/12/18..... 13 weeks

09/01/19 – 03/04/19..... 13 weeks

24/04/19 – 26/06/19..... 10 weeks

### Thursday – Pool B

**19:00 - 20:30**

#### University Casual Swimming Session

(Session 1 starts at 19:00, Session 2 starts at 19:45)

20/09/18 – 13/12/18..... 13 weeks

10/01/19 – 04/04/19..... 13 weeks

25/04/19 – 27/06/19..... 10 weeks

### Friday - Pool C

**17:30 - 19:00**

#### University Casual Swimming Session

(Session 1 starts at 17:30, Session 2 starts at 18:15)

All year round apart from Christmas and New Year Weeks

### Sunday – Diving Pool

**19:00 - 20:30**

#### University Casual Swimming Session

(Session 1 starts at 19:00, Session 2 starts at 19:45)

23/09/18 – 16/12/18..... 13 weeks

13/01/19 – 07/04/19..... 13 weeks

28/04/19 – 30/06/19..... 10 weeks

everyone  
ACTIVE

Feel better for it

### Monday - Pool C

**19:30 - 21:30**

#### University Swimming Club

24/09/18 – 03/12/18.....11 weeks

07/01/19 – 01/04/19.....13 weeks

29/04/19 – 27/05/19.....5 weeks

**21:30 - 22:30pm**

#### University Lifesaving Club

24/09/18 – 03/12/18.....11 weeks

07/01/19 – 01/04/19.....13 weeks

29/04/19 – 27/05/19.....5 weeks

### Wednesday - Diving Pool

**14:30 - 16:00**

#### University Lifesaving Club

26/09/18 – 05/12/18.....11 weeks

09/01/19 – 03/04/19.....13 weeks

01/05/19 – 29/05/19.....5 weeks

### Thursday - Pool B

**20:30 - 22:00**

#### University Swimming Club

27/09/18 – 06/12/18.....11 weeks

10/01/19 – 04/04/19.....13 weeks

02/05/19 – 30/05/19.....5 weeks

### Thursday - Diving Pool

**20:30 - 22:00**

#### University Waterpolo Club

27/09/18 – 06/12/18.....11 weeks

10/01/19 – 04/04/19.....13 weeks

02/05/19 – 30/05/19.....5 weeks

### Sunday - Diving Pool

**20:30 - 22:00**

#### University Octopush Club

30/09/18 – 09/12/18.....11 weeks

13/01/19 – 07/04/19.....13 weeks

05/05/19 – 02/05/19.....5 weeks

everyone  
ACTIVE

Feel better for it