

Central Park Leisure 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								08:00
09:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone	09:00
10:00	Swim 4 Everyone		Swim 4 Everyone	Swim 4 Everyone			Swim 4 Everyone	10:00
11:00	Swim 4 Everyone		Swim 4 Everyone	Swim 4 Everyone		Swim 4 Everyone	Swim 4 Everyone	11:00
12:00	Swim Lessons	Swim 4 Everyone	Swim Lessons	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	12:00
13:00		Swim 4 Everyone			Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	13:00
14:00		Swim 4 Everyone			Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	14:00
15:00	Colleague Training		Swim 4 Everyone	Swim 4 Everyone		Swim 4 Everyone	Swim 4 Everyone	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Private Hire	16:00
17:00								17:00
18:00								18:00
19:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone		Swim 4 Everyone			19:00
20:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone			20:00
21:00								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.

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

Teaching Pool sessions are 1 hour in length unless otherwise indicated on the timetable.

FITNESS AND FUN

Swim 4 Everyone For everyone to experience the invigorating and relaxing activity which is swimming. Dip your toe in, the water's lovely...

SPECIALITIES

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

LEARNING TO SWIM

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.