

# Chafford Sports Complex

## Main Pool 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 Everyone (08:00 - 09:50)	Swim 4 Everyone (08:00 - 09:50)	09:00
10:00	Swim Lessons							10:00
11:00						Swim 4 Everyone	Swim 4 Everyone	11:00
12:00						Swim Lessons	Swim Lessons	12:00
13:00						Swim Lessons		13:00
14:00								14:00
15:00								15:00
16:00								16:00
17:00								17:00
18:00								18:00
19:00	Swim 4 Everyone	Swim 4 Everyone	Clubs	Swim 4 Everyone	Cridders Swimming Club			19:00
20:00			Swim 4 Everyone	Lifesaving Club				20:00
21:00	Adult Gentle Swim	Aqua Aerobics	Adult Gentle Swim					21:00
22:00		Adult Swim Lessons						22:00

\*Make sure children under eight are accompanied by an adult over 18 years with a maximum of two children per adult.

**Ask at reception for sauna and steam room opening times.**

A band system will be used during all public sessions for safety reasons.

For details on Everyone Active's swimming lessons programme for children and adults please ask at reception, spaces are available.

Zoggs swimwear, goggles and other products are available to buy from reception.

For swimming activity programmes to help you stay active in the pool, see those on pool-side or go to Everyone Active Online.

### FITNESS AND FUN

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

**Clubs** Competitive local swimming club session or other water based club session – providing coaching to advanced levels.

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

### LEARNING TO SWIM

**Adult Swim Lessons** Everyone Active's adult swim lessons are specifically designed for everyone from 16 & over to learn the basics of swimming through to more advanced stroke techniques and training. Enrol anytime at centre 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.

### WATER WORKOUTS

**Aqua Class** A fun and invigorating all over body work-out in the water designed to effectively burn calories with minimal impact on the body.

Timetable correct as at July 2016. Please check public notice boards and [www.everyoneactive.com](http://www.everyoneactive.com) for any timetable changes.

**everyone**  
ACTIVE  
Feel better for it