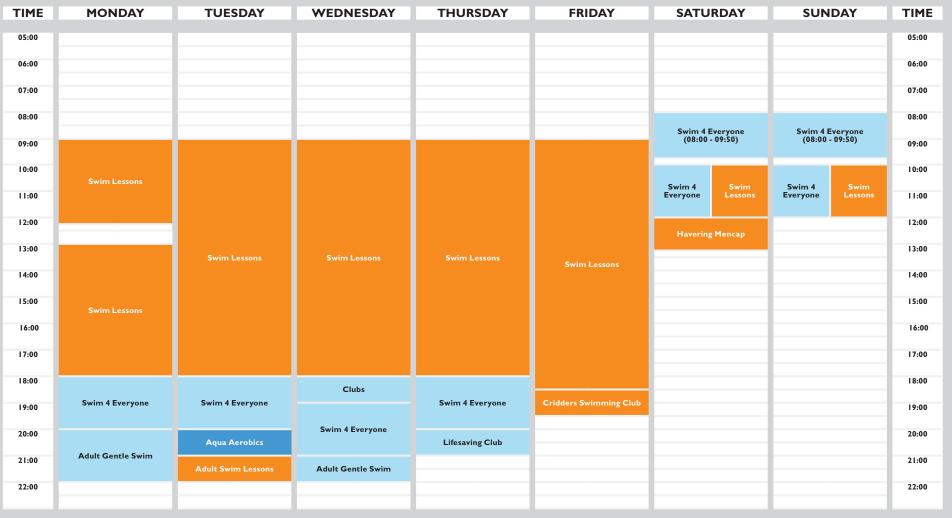
Chafford Sports Complex

Main Pool Programme





*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 stoke 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** for any timetable changes.