

Paradise Pools

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		Disability Swim						09:00
10:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		10:00
11:00	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim		Family Fun Swim	11:00
12:00	Swim 4 Everyone		Disability Swim	Family Fun Swim				12:00
13:00		Swim 4 Everyone		Swim 4 Everyone			Disability Swim	13:00
14:00	Family Fun Swim	Crazy Coloured Water	Swim 4 Everyone	Crazy Coloured Water	Swim 4 Everyone	Family Fun Swim	Family Fun Swim	14:00
15:00								15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			16:00
17:00								17:00
18:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Private Hire / Pool Parties	Private Hire / Pool Parties	18:00
19:00		Adult Swim Lessons			Family Fun Swim			19:00
20:00				Aqua / Aqua Zumba Class				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.

Swim Lesson Crash Courses can take place over the holidays in the Swim 4 Everyone sessions. Please contact reception for dates and times.

FITNESS AND FUN

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

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

Swim 4 Fitness sessions for adults 16 & over to swim uninterrupted in lanes provided, ask for a results card to get more from your swim. Fin and hand paddle friendly.

SPECIALITIES

Disability Swim Operator led sessions for disabled swimmers only or disabled swimmers accompanied with a carer.

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.