

Swim Descriptions

FITNESS AND FUN

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

Family Fun Swim with Flumes Sessions for Families where floats or other equipment will be available and our amazing flume(s) will be open for use.

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

Under 5's Fun Swim Sessions for children aged under five in shallow water to help build their water confidence. All children must be accompanied and supervised by an adult.

Wet & Wild Sessions for children where inflatables are provided (Age restrictions may apply at some sites) Children under eight must be accompanied by an adult (2 children to 1 adult) and must be able to swim 25 metres.

FITNESS AND HEALTH

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

Community Groups A session where specific water-based activities take place.

Ladies Only These are sessions for women aged 16 and over only to swim socially in a lane. Ask for a results card to get more from your swim.

Men Only These are sessions for men aged 16 and over only to swim socially in a lane. Ask for a results card to get more from your swim.

Swim 4 Confidence Sessions for all ages looking to build their water confidence.

Swim 4 Fitness A structure lane-based session for confident swimmers able to swim continuously in a lane. Swim programmes and pool fitness equipment is available. Fin and paddle friendly.

Young at Heart A relaxing session for adults aged 50 and over to swim socially in a lane. Ask for a results card to help you get more from your swim.

HIRE

Clubs Sessions where local swimming, or other water-based activities, clubs use the pool for coaching sessions.

Private Hire Our swimming facilities are available to hire, contact reception for details.

LEARNING TO SWIM

Adult Swim Lessons Everyone Active's adult swim lessons are designed for anyone aged 16 and over to learn the basics of swimming all the way through to more advanced stroke techniques and training. You can enrol at any time.

Schools Our pool provides swimming facilities for the whole community, including local schools. Ask at reception for more details.

Swim Lessons Everyone Active's award-winning learn-to-swim programme is designed to teach children from four months and up to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime.

SPECIALITIES

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

Naturist Swim A session where specific water-based activities take place.

WATER WORKOUTS

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

Aqua Natal A dedicated instructor led session for pregnant women or new mums only that provides an invigorating and safe all-over body work-out in the water with minimal impact.

GP Referral Instructor-led sessions where specific water-based activities are taking place.