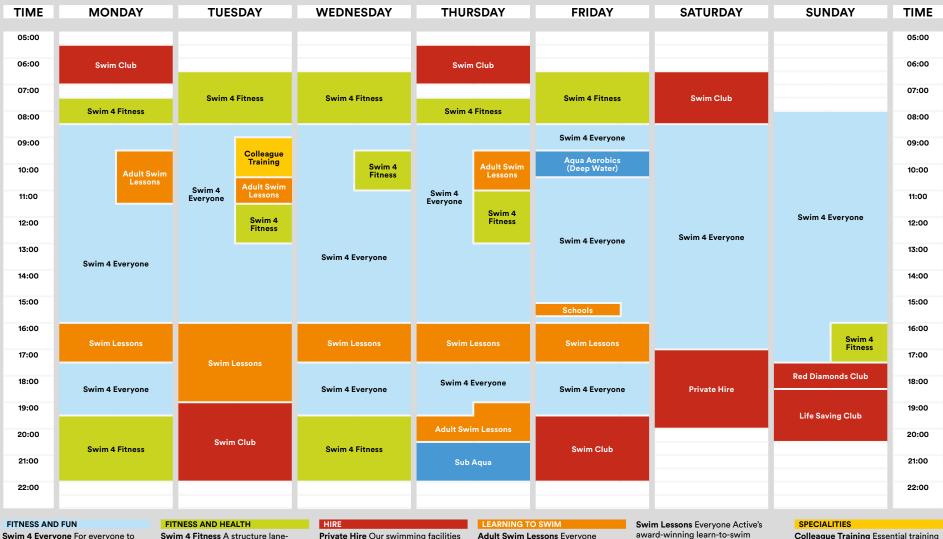
Bracknell Leisure CentreCompetition Pool



Bands will be sold 15 minutes prior to the start of each session.

Bands must be worn at all times.

Sessions will run for a minimum of 60 minutes.

If numbers allow customers may be able to move freely between pools.

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

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

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

Clubs Sessions where local

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

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

WATER WORKOUTS

programme is designed to teach

six days a week. Enrol anytime.

children from four months and up to

swim. Lessons run 50 weeks a year,

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.

Timetable correct as at March 2018. Please check public notice boards and www.everyoneactive.com for any timetable changes.