

Bracknell Leisure Centre

Training Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone	Swim Club		07:00
08:00								08:00
09:00	Adult Swim Lessons		Swim 4 Fitness			Swim Lessons		09:00
10:00		Adult Swim Lessons	School Swimming	Adult Swim Lessons	Schools			10:00
11:00	Aqua Aerobics		Aqua Aerobics					11:00
12:00			Swim 4 Everyone		Swim 4 Everyone	Swim 4 Everyone		12:00
13:00	Swim 4 Everyone		Aqua Classes 50+				Swim 4 Everyone	13:00
14:00		Swim 4 Everyone		Swim 4 Everyone	Schools	Wet & Wild		14:00
15:00					Swim 4 Everyone			15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone		16:00
17:00								17:00
18:00	Swim 4 Everyone		Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone		Red Diamonds Club	18:00
19:00		Swim Club				Private Hire		19:00
20:00	Adult Swim Lessons		Swim 4 Fitness	Adult Swim Lessons	Swim Club		Life Saving Club	20:00
21:00	Aqua Aerobics							21:00
22:00								22:00

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.

FITNESS AND FUN

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

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

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.

HIRE

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

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

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.

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.

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