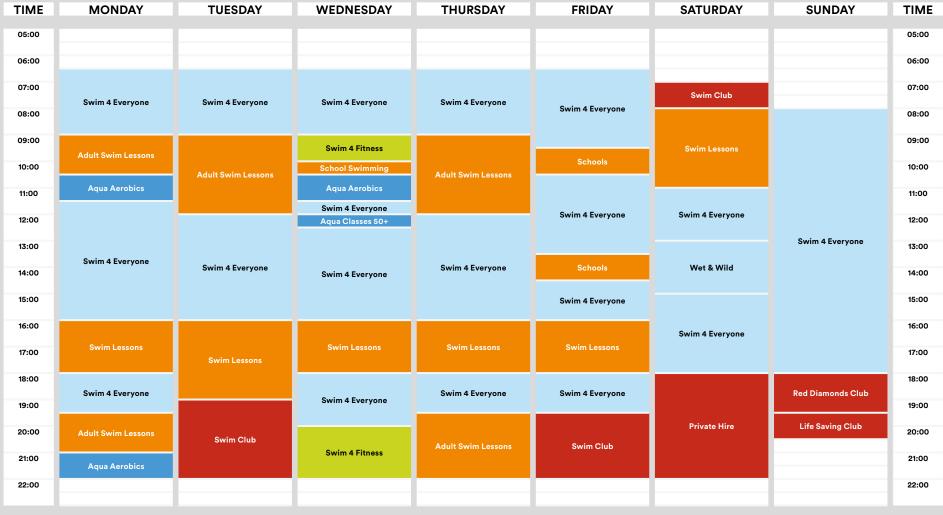
Bracknell Leisure CentreTraining Pool



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

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

HIR

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

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.

SPECIAL ITIES

Colleague Training Essential training for staff who work pool-side as lifeguards to ensure everyone's safety. Bands will be sold 15 minutes prior to the

at all times.

start of each session.

Bands must be worn

Sessions will run for

a minimum of 60 minutes.

If numbers allow

pools.

customers may be able

to move freely between

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.