

Tring Sports Centre

Term and Holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Swim 4 Fitness	Swim 4 Fitness	Tring Swimming Club	Swim 4 Fitness	Swim 4 Fitness	Tring Swimming Club	Swim 4 Fitness	07:00
08:00								08:00
09:00	Crash Courses (School Holidays)	Crash Courses (School Holidays)	Crash Courses (School Holidays)	Crash Courses (School Holidays)	Crash Courses (School Holidays)	Swim Lessons	Swim Lessons	09:00
10:00								10:00
11:00	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Family Fun Swim	Swim 4 Fitness	Swim 4 Everyone	11:00
12:00	Swim 4 Fitness (School Holidays)	Swim 4 Fitness (School Holidays)	Swim 4 Fitness (School Holidays)	Swim 4 Fitness (School Holidays)	Swim 4 Fitness (School Holidays)	Swim 4 Fitness	Swim 4 Everyone	12:00
13:00	Swim 4 Fitness (School Holidays)	Swim 4 Everyone (School Holidays)	Swim 4 Fitness (School Holidays)	Swim 4 Everyone (School Holidays)	Swim 4 Fitness (School Holidays)	Swim 4 Everyone (School Holidays)	Swim 4 Fitness	13:00
14:00		Beavers Disability Swimming Club				Family Fun Swim		14:00
15:00								15:00
16:00						Parties / Private Hire	Swim 4 Everyone	16:00
17:00	Swim Lessons	Swim Lessons		Swim Lessons	Swim Lessons		Swim Lessons	17:00
18:00			Adult Gentle Swim			Chiltern Canoe Club (Term Time)		18:00
19:00	Swim 4 Fitness	Swim 4 Everyone	Berkhamsted Swim Club	Swim 4 Fitness	Swim 4 Everyone		Tring Swimming Club	19:00
20:00	Triathlon Training Club	Swim 4 Everyone	Swim 4 Fitness	Tring Swimming Club	Tring Swimming Club	Private Hire		20:00
21:00	Swim 4 Fitness	Swim 4 Fitness	Adult Swim Lessons	Swim 4 Fitness				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

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

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

FITNESS AND HEALTH

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

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

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.

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.