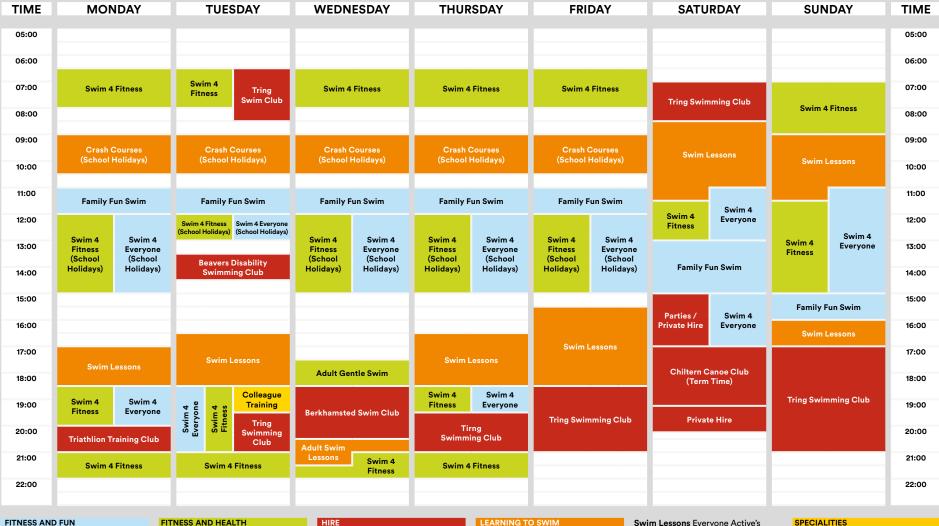
Tring Sports Centre Term and Holiday



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

paddle friendly.

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

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.

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 vear. six days a week. Enrol anytime.

SPECIALITIES

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

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