

Swim Descriptions

Please note that these sessions are not all available at every centre.

Family and Public Swimming

Public Swimming	For everyone to experience the fun, relaxing and invigorating activity that swimming is. Dip your toe in, the water's lovely...
Under-5s Fun Swimming	Sessions for children aged under five in shallow water to help build their water confidence. All children must be accompanied and supervised by an adult.
Family Swimming	Sessions for everyone where floats or other equipment will be available for entertainment.
Family Swimming with water slides	Sessions for everyone where floats or other equipment will be available and our amazing water slide(s) will be open for use
Family Swimming with Inflatable	Sessions where inflatables are provided. Children must be over the age of eight years to be permitted on to the inflatable and able to swim 25 metres.
Family Swimming Inspired by Disney	Join us for new Disney inspired themed pool adventures, with Disney's most-loved characters, including Woody and Buzz Lightyear from Disney Pixar's Toy Story, Disney's Mickey Mouse and Friends plus key characters from the upcoming Disney Frozen 2. Each 45 minute session provides endless family fun AND kids learn a key life skill - perfect for 3 – 11 year olds. Most sessions will allow you to have a further 15 minutes free time after the main session.
Lane Swimming	A structure lane-based session for confident swimmers able to swim continuously in a lane. Swim programmes and pool fitness equipment is available. Fin, snorkel and paddle friendly. Open to ages 16+.
Disabled Swimming	Sessions for all ages looking to build their water confidence for disabled people or those with long term medical or health conditions.
Public Diving	For competent swimmers to able to experience diving from the various boards and platforms available.

Adult Swimming

Adult Swimming	Sessions for adults to swim socially, no lanes.
Senior Swimming	A relaxing session for adults aged 50 and over to swim socially in a lane (the age within these sessions may vary at some centres - please confirm with local centre).
Swimming - Lane Hire	You can now book exclusive use of a swimming lane for yourself or up to 3 (you and two friends)! Perfect for either developing or improve your swimming skills or for those who are in training for a swimming event and wish to complete your own session without any distractions.
Ladies Swimming	These are sessions for women aged 16 and over only to swim socially in a lane.
Men's Swimming	These are sessions for men aged 16 and over only to swim socially in a lane.

Learning to Swim and Hire

Swim Lessons	Everyone Active's award-winning learn-to-swim programme is designed to teach children from four months and upwards to swim. Lessons run 50 weeks a year, and up to seven days a week. Enrol anytime.
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.
Clubs	Sessions where local swimming - or other water-based activities - clubs use the pool for coaching sessions.

Water Workout

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.
Aqua Natal	A dedicated instructor led session for pregnant women or new mums only that provides an invigorating and safe all-over body work-out in the water with minimal impact
GP Referral	Instructor-led sessions where specific water-based activities are taking place.

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Specialities

Colleague Training	Essential training for staff who work pool-side as lifeguards to ensure everyone's safety.
Ladies Swimming with Children	These are sessions for women and girls of any age and boys up to the age of 8 years old to swim socially.
Ladies and Girls Swimming	These are sessions for women and girls of any age to swim socially.
Men's and Boys Swimming	These are sessions for men and boys of any age to swim socially.
Swim Cinema	A session where you can relax in the pool on your inflatable and watch a movie.
Swim Disco	Come and enjoy a swim in a disco environment – these sessions may be for the whole family or age specific. Please check local centre pool timetable for full details.