

Pool Timetable

Descriptions



Lane Swimming – Lane swimming for Members 16yrs and above. Swimmers must be able to swim consistently and display lane etiquette following COVID-19 guidance.

Family Swim – A private lane for parents and children to use the pool.

**Please only book this lane if you are swimming as a family with children.*

Adult Single Lane - This will be available for all Members to book and provides pool space for those who wish to complete water or rehabilitation exercises rather than a lane swim.

Adult TS - Programmed training session led with a qualified swim teacher, which includes endurance and speed training, ideal for intermediate or advanced swimmers.

**Please be aware that this session will use the whole pool.*

Aqua - Using water as a resistance, this pool-based workout is great for cardio and conditioning whilst being gentle on joints.

Hydro – A full body conditioning workout using underwater bikes. A great class which is gentle on the joints. Open to all fitness levels. Please arrive early to set up.

**Class will move to the Indoor Pool during Winter*

Swim Lessons – Programmed lessons for Children led with a qualified swim teacher following Swim England teaching criteria, available from 3yrs old up to squad level.

If you have any questions, please speak to a member of the Health Club team.

Luke Fenton
Health Club Manager