

### ADULT ONLY

Adult only session for swimmers 16+.

### LANE SWIM

Lane swimming for those wishing to swim continuously. This session is for adults only (16+). Under 16's are able to join this session when all 6 lanes are available. Under 16's must be 8 years + and be able to demonstrate competency over 200m and is subject to the lifeguard's discretion.

### FUN SESSION

An active pool session in the main pool for the whole family to enjoy. The pool is filled with toys and floats to splash around with.

A fun experience for children of all ages.

### TODDLER SPLASH

An active pool session in the learner pool for the whole family to enjoy. The pool is filled with toys and floats to splash around with.

A fun experience for children under the age of 8.

### PARENT AND TODDLER

This is an instructor-led session designed to introduce your young ones to the world of water, helping to gain confidence through nursery rhymes and play.

A fun experience for children under the age of 5.

### GENERAL SWIM

These sessions are open to all. Children under 8yrs must be accompanied in the water at all times by an adult (16+).

### AQUA FIT

A great exercise class working out to music in the water. Suitable for non swimmers, pre/post natal and those with joint problems or injuries. Pre-Booking required.

### KIDS FIT

A training session for ages 8 – 15. Get fit, stay in shape, improve swimming stamina or stroke efficiency by following structured programme cards and the guidance of our experienced coach. Swimmers need to be capable of swimming 8 lengths for this class.

### KIDS LANE

Swimmers must be 8 years or above and be able to demonstrate competency over 200m and is subject to the lifeguard's discretion.

### POOL PARTY HIRE

Available on Saturdays from 5 - 7pm. Please speak to a receptionist for more details or visit our website.

