# Holiday Pool Programme

**NEW PARKS LEISURE CENTRE**

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<th>Monday</th>
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<td>Swim 4 Fitness</td>
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<td>Women only</td>
<td>Swim 4 Fitness</td>
<td>Staff Training</td>
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<td>Braunstone SC</td>
<td>Penguins Swimming Club</td>
<td>Sharks Swim Club</td>
<td>Learn 2 Swim</td>
<td>Private Hire</td>
<td>Learn 2 Swim</td>
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**PUBLIC SWIMMING**
- **Swim 4 Fitness**
  - Open to confident swimmers who want to swim for fitness.
- **Swim 4 All**
  - Open to all swimmers, ages and abilities.
- **Women only**
  - Exclusive swim session for women only.

**AGE RESTRICTED SWIMMING**
- **Family Splash**
  - A fun family play session with inflatables, floats and aquatic toys.
- **Kids 4 a Quid**
  - Children under 16 swim for £1 during these sessions.

**FITNESS CLASSES**
- **Aqua Aerobics**
  - Take your dance moves to the pool floor! A low to medium intensity class designed to get you moving and grooving.

**PRIVATE HIRE**
- Exclusive use of the pool is available for swimming clubs and other organisations.

**SWIM LEICESTER LESSONS**
- **Learn 2 Swim**
  - Swimming lessons available to suit all ages and abilities.
- **Schools**
  - School children are taught swimming as part of the national curriculum.

**NEW PARKS LEISURE CENTRE**
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Facebook: /ActiveLeicester
Twitter: @ActiveLeicester #activeleic

This timetable is subject to change, for further information visit leicester.gov.uk/newparksleisurecentre