

BRAUNSTONE LEISURE CENTRE Main & Community Pool **TERM** Programme

		7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
		6.30am	7.30am	8.30am	9.30am	10.30am	11.30am	12.30pm	1.30pm	2.30pm	3.30pm	4.30pm	5.30pm	6.30pm	7.30pm	8.30pm	9.30pm
MONDAY	M	Swim Club	Swim 4 Fitness	Swim 4 Fitness					Schools	Boom	Swim 4 Fitness	Swim Club			S4F	CLOSED	
	C	Swim 4 Fitness		Aqua		Exercise 4 Health	Swim 4 All	Schools	Swim 4 All	L2S S4A	Learn 2 Swim		Hydro Circuits	Swim 4 Fitness			
TUESDAY	M	SC	Swim 4 Fitness					Schools	down	Swim 4 Fitness	Swim Club			Women only and Girls	CLOSED		
	C	Swim Club		Learn 2 Swim	Aqua Tots	Aqua Tots	Learn 2 Swim	Schools	Swim 4 All	Learn 2 Swim	Swim 4 All	CLOSED	Acqua Pole	Acqua Box	Women and Girls Relaxation		
WEDNESDAY	M	Swim 4 Fitness		Swim 4 Fitness					Schools	Lanes	Swim 4 Fitness	Swim Club			Syncro Club		
	C	Acqua Box		Aqua	Swim 4 All	60+ & Active Lifestyle Swim		Schools	Swim 4 All	L2S S4A	Learn 2 Swim		Aqua Circuits	Swim 4 Fitness			
THURSDAY	M	SC	Swim 4 Fitness	S4A (Shallow)	Schools	Swim 4 All	Schools	2.30pm	Swim 4 Fitness	Swim Club			Tri Club	CLOSED			
	C	Swim Club	Swim 4 Fitness	Swim 4 All (Shallow)		Private Booking	Schools	Swim 4 All	Schools	Swim 4 All	Learn 2 Swim		Aqua	Swim 4 Fitness			
FRIDAY	M	Swim Club	Swim 4 Fitness	Swim 4 All (Shallow)			Private Booking	Schools	3pm	Swim 4 Fitness	Swim Club			Men Only	CLOSED		
	C	Swim 4 Fitness		Aqua Circuits	Swim 4 All			Schools	Swim 4 All	Swim 4 All	Swim 4 All	Swim 4 All	Swim 4 All	Men Only	Relaxation Session		
SATURDAY	M		Swim Club	Swim 4 All (Shallow)			FS	Swim 4 All (Shallow)			SWIM 4 FITNESS LANE SWIMMING ONLY Blank white areas 30 minutes for floor / boom movement & lane removal / installation Main pool will be cleared at 9.55pm Mon, Tue, Thu - Fri Community pool will be cleared at 9.55pm Mon - Fri						
	C			Learn 2 Swim		Aqua	Family Splash	Swim 4 All									
SUNDAY	M			Swim 4 All (Shallow)			K4Q	FS	Swim 4 All (Shallow)								
	C			Swim 4 All		Kids 4 A Quid	Family Splash	Swim 4 All									

PUBLIC SWIMMING

Swim 4 Fitness
Open to confident swimmers who want to swim for fitness in a lane setting.

Swim 4 All
Open to all swimmers, ages and abilities.

Women only
Exclusive swim session for women.

Women & girls relaxation session
Exclusive swim session for women and girls with music and pool side loungers.

Men only
Exclusive swim session for Men.

AGE RESTRICTED SWIMMING

Family Splash
A fun family session with floats and toys.

60+ Swim
Exclusive swim session for 60+ only.

Kids 4 A Quid
Quid Public swim session where under 16's can swim for only £1

FITNESS CLASSES

Aqua
A low impact aerobics style class performed in water that focuses on increasing muscle tone, flexibility and improved fitness.

Exercise 4 Health
A gentle water based exercise session to improve your health and wellbeing.

Acquabox
Water based boxing fitness session

Acquapole
Water based pole fitness class.

PRIVATE HIRE

Exclusive use of the pool is available for swimming clubs and other organisations.

SWIMMING LESSONS

Schools
Schools School children are taught swimming as part of the national curriculum.

Learn 2 Swim
Swimming lessons available to suit all ages and abilities.

Aqua Tots
Swimming lessons for under 5's, encouraging play and building water confidence.

BRAUNSTONE LEISURE CENTRE
2 Hamelin Road
Leicester LE3 1JN.
TEL: 0116 229 3229

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M Main Pool C Community Pool