

# BRAUNSTONE LEISURE CENTRE Main & Community Pool **HOLIDAY** 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	SC	Swim 4 Fitness		Swim 4 All (Shallow)				FS	S4F	Boom	S4F	Swim Club			S4F	CLOSED	
	C		Swim 4 Fitness		Swim 4 All (Deep)					S4F		Swim 4 Fitness			Swim Club	S4F		
TUESDAY	M	SC	Swim 4 Fitness		Swim 4 All (Shallow)				FS	S4F	down	S4F	Swim Club			Women only and Girls		
	C		Swim 4 Fitness		Swim 4 All (Deep)					S4F		Learn 2 Swim			Hydro Circuits	Swim 4 Fitness		
WEDNESDAY	M		Swim 4 Fitness		Sw4 All (Shallow)				FS	S4F	Lanes	S4F	Swim Club			Syncro Club		
	C		Acqua Box		Aqua	Swim 4 All	60+ & Active Lifestyle Swim		Family Splash	Kids 4 A Quid	L2S	Learn 2 Swim			Aqua Circuits	Swim 4 Fitness		
THURSDAY	M		Swim Club	S4F	Swim 4 All (Shallow)				FS	S4F	3.30pm	S4F	Swim Club			Tri Club		
	C		Swim Club		Aqua Tots	Swim 4 All			Family Splash	Kids 4 A Quid	Swim 4 All	Learn 2 Swim		Swim 4 All	Aqua	Swim 4 Fitness		
FRIDAY	M	SC	Swim 4 Fitness		Swim 4 All (Shallow)				Private Hire	FS	S4F	4pm	S4F	Swim Club			Men only	
	C		Swim 4 Fitness		Swim 4 All (Deep)					S4F		Swim 4 Fitness		Swim Club				
SATURDAY	M			Swim Club	Swim 4 All (Shallow)				FS	Swim 4 All (Shallow)				<b>SWIM 4 FITNESS LANE SWIMMING ONLY</b> Blank white areas 20/30 minutes for floor / boom movement & lane removal / installation  Main pool will be cleared at 9pm M, Tu, Th, F 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							
	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

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M Main Pool C Community Pool