# Swim 4 Fitness

Open to confident swimmers who want to improve fitness in a lane setting.

## Swim 4 All

Open to all swimmers, ages and abilities.

### Women only

Exclusive swim session for women.

### Men only

Exclusive swim session for Men.

## Kids 4 All

Swim for all ages and abilities.

### 60+ Swim

Open to 60+ swimmers.

## Aqua

A fun family session with floats and toys.

## Learn 2 Swim

Aqua Tots

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.

## Acquapole

Water based pole fitness class.

## Aquabox

Water based boxing fitness session

## 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.

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**BRAUNSTONE LEISURE CENTRE**

2 Hamelin Road

Leicester LE3 1JN.

TEL: 0116 229 3229

leicester.gov.uk/activeleic

@ActiveLeicester #activeleic

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**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.

**AGE RESTRICTED SWIMMING**

Family Splash
A fun family session with floats and toys.

60+ Swim
Exclusive swim session for 60+ only.

**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.

**PRIVATE HIRE**

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

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