

COSSINGTON STREET SPORTS CENTRE Term-Time Pool Programme

| | 6.30am | 7am | 8am | 9am | 10am | 11am | 12noon | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm | | | |
|------------------|--------|----------------|-----|-------------------------------|----------------|--------------|----------------|-----------------------|--------------|---------------|------------|--------------|--------------|--------------------|-----------------------|----------------|--------------|--------------|--|--|
| MONDAY | | Swim 4 Fitness | | Aqua Dance | Schools | | Swim 4 Fitness | Swim 4 All | Schools | | Swim 4 All | Learn 2 Swim | | Learn 2 swim | | Swim 4 Fitness | | | | |
| TUESDAY | | Swim 4 Fitness | | Aqua Aerobics | Schools | | Swim 4 Fitness | Swim 4 All | Schools | | Swim 4 All | Learn 2 Swim | | Women Learn 2 Swim | Aqua Dance Women Only | | | | | |
| WEDNESDAY | | Swim 4 Fitness | | Learn 2 Swim | Toddler Splash | Schools | | Aqua Stretch and Tone | Learn 2 Swim | Schools | | Swim 4 All | Learn 2 Swim | | Swim 4 Fitness | Men and Boys | Private Hire | | | |
| THURSDAY | | Swim 4 Fitness | | Schools | | Schools | | Swim 4 Fitness | Swim 4 All | Schools | | Swim 4 All | Learn 2 Swim | | Swim 4 All | Lifesaving | Swim 4 All | Private Hire | | |
| FRIDAY | | Swim 4 Fitness | | Aqua Aerobics Women and Girls | Schools | | Swim 4 Fitness | Swim 4 All | Schools | | Swim 4 All | Learn 2 Swim | | Learn 2 Swim | | Swim 4 All | | Private Hire | | |
| SATURDAY | | | | Women only | Learn 2 Swim | Learn 2 Swim | | Swim 4 All | | Kids 4 a Quid | | | | | | | | | | |
| SUNDAY | | | | Swim 4 Fitness | Family Splash | | Private Hire | | | | | | | | | | | | | |

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 and Girls Swim

Exclusive swim session for women and girls.

Men and Boys Swim

Exclusive swim session for men and boys.

Women Only

Exclusive session for women aged 16+ only.

AGE RESTRICTED SWIMMING

Toddler Splash

Little swimmers up to 5 years of age can build water confidence playing with aquatic toys and equipment supported by an adult.

Family Splash

A fun family session with floats and toys.

Kids for a Quid Session

People aged 6 - 16 years can swim for a £1.

FITNESS CLASSES

Aqua Dance

Take your dance moves to the pool floor! A low to medium intensity class designed to get you moving and grooving.

Aqua Aerobics

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

Aqua Stretch and Tone

Low impact aquatic exercise that strengthens and tones the body whilst relieving tensions and renewing energy.

SWIMMING LESSONS

Schools

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

Learn 2 Swim

Swimming lessons available to suit all ages and abilities.

Lifesaving

Instructor led public session teaching valuable lifesaving skills.

PRIVATE HIRE

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

COSSINGTON SPORTS CENTRE

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