

COSSINGTON STREET SPORTS CENTRE Holiday 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	Family Splash		Swim 4 Fitness Swim 4 All		Splash Disco	Swim 4 All		Learn 2 Swim		Learn 2 Swim Swim 4 Fitness	Private Hire				
TUESDAY		Swim 4 Fitness		Aqua Aerobic	Swim 4 All		Swim 4 Fitness Swim 4 All		Swim 4 All		Learn 2 Swim		Women Learn 2 Swim Women and Girls	Aqua Dance Women Only					
WEDNESDAY		Swim 4 Fitness		Learn 2 Swim Toddler Splash	Family Splash		Aqua Stretch and Tone Learn 2 Swim Swim 4 All		Splash Disco	Swim 4 All		Learn 2 Swim	Swim 4 Fitness Swim 4 All	Men and Boys					
THURSDAY		Swim 4 Fitness		Swim 4 All			Swim 4 Fitness Swim 4 All		Swim 4 All		Learn 2 Swim		Learn 2 Swim Swim 4 All	Lifesaving Swim 4 All					
FRIDAY		Swim 4 Fitness		Aqua Aerobic's Women and Girls	Family Splash		Swim 4 Fitness Swim 4 All		Splash Disco	Swim 4 All		Learn 2 Swim	Learn 2 Swim Swim 4 All						
SATURDAY				Women only	Learn 2 Swim		Learn 2 Swim Swim 4 All		Kids 4 a Quid										
SUNDAY				Swim 4 Fitness	Family Splash		Learn 2 Swim	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.

Splash Disco

Music, inflatables, floats and fun! Plenty to keep older children entertained.

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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