# Admissions Policy

All times for sessions include customers changing and session set up. Under 8's must be accompanied and supervised by a responsible adult in the water.

#### Main Pool

Children 0-4 yrs on a basis of 1 adult to 1 child. Children 5-7 yrs on a basis of 1 adult up to 2 children.

#### Splash Pool and Teaching Pool

Children under 8yrs on a basis of 1 adult to 2 children.

# Session Descriptions

#### Adult Lane Swim

This adult only session is a child free zone. 25m long with 5 lanes.

#### Adult Swim Fit

A structured session for individuals to workout in achieving a desired aim, from keeping fit to training of a competition or event. Advice on swimming stroke technique and other skills are also given by a qualified instructors.

#### Adult/Family Lane Swim

This session is open to adults and families to enjoy swimming lengths. For the purpose of this session a family will be defined as at least one adult and one junior. 25m long with 5 lanes.

#### Aqua Care (Splash Pool)

A gentle exercise class held in water, ideal for people with arthritis, rheumatism requiring rehabilitation, and rehabilitation after injury or simply returning to physical exercise.

#### Aqua Fit (Splash Pool)

Fitness in the swimming pool designed to improve stamina, strength and toning. A full body work out including abdominal section and core stability. A fun and enjoyable class for all abilities. Places limited, bookable in advance.

## Aqual Natal & Bring Baby Sw

A gentle swim for mums to be and new mums. This session allows carers with babies under 10 months in a car seat the chance to enjoy a swim. Carers are responsible for their own baby throughout the sessions. Babies will remain on poolside during session.

#### **Disabled Swim**

A free session for anyone with a disability. (Participants must have a Leisure card).

#### Family Float Fun

This session is for families to enjoy swimming together with floats and play equipment in the water. For the purpose of this session a family will be defined as at least one adult and one junior.

## 50+ Swim

A nice relaxing open swim session for the over 50's.

#### **General Swim**

Open to all for general swimming.

#### General Swim & Slide Open to all, waterslide available.

#### **Junior Swimming Fit**

This class is designed for Juniors up to the age of 16 years who have good swimming technique on Front Crawl, Backstroke and Breaststroke over 800m distance. It is designed to increase stamina whilst developing their strokes further (with a qualified Instructor). Opportunities to learn starts and turns for all strokes.

### Ladies Only Lane Swim

The ideal opportunity for women of all abilities to meet and exercise. 25m long-5 lanes.

#### Lane Swim

This session is open to all. 25m long with 5 lanes for swimmer to swim lengths. Must be able to swim 50m unaided.

#### **Members Only Swim**

This session is exclusively for our members on Direct Debit. No money can be taken on reception and members must use the kiosk with their membership card. The session is lane swimming with a Slow, Medium and Fast lane.





Bramcote Leisure Centre, Derby Road, Bramcote, Nottingham NG9 3GF

- t. 0115 917 3000
- e. bramcote@liberty-leisure.org.uk

Parent & Toddler (under 5's)

maximum of 2 under 5's.

Swim Fit (Splash Pool)

limited.

Timid Swim

Width Swim

This is a play session that enables

children to have fun and gain water

confidence. Ratio: one parent to a

A water based circuit workout with

a qualified instructor. All swimming

Booking is essential as places are

This is the opportunity to swim

is aimed at those swimmers just

Opportunity to swim widths.

widths in the splash pool. The session

starting out after swimming lesson or

who lack confidence in deep water.

and fitness abilities welcome.

w. www.lleisure.co.uk

# Swimming Programme

# School Term Time





0115 917 3000 www.lleisure.co.uk

|                                       |                           |  | 6.30 7.                       | .00 7.30                       | 8.00 8.30 9                                     | 9.00 9.30 1  | 10.00 10.30           | 11.00 1:           | 1.30 12.0                                  | 00 12.30 :               | 1.00 1.30        | ) 2.00 2.30               | 3.00 3.3              | 30 4.00                           | 4.30 5.0   | .00 5.30           | 6.00 6.3                  | 30 7.0                   | 0 7.30              | 8.00 8.30      | 9.00                      | 9.30 10.00  | 10.30      |
|---------------------------------------|---------------------------|--|-------------------------------|--------------------------------|---|--|-----------------------|--------------------|--|--------------------------|------------------|---------------------------|-----------------------|-----------------------------------|--|--------------------|---------------------------|--------------------------|---------------------|----------------|---------------------------|---|------------|
|                                       | 5                         |  | 5 ONLY                        |                                |   |  |                       |                    |  |                          |                  |                           |                       | LAN                               | NE SWIM  |                    |                           |                          |                     |                |                           | _   |            |
|                                       |                           |  | 4 SWIM<br>3                   | LANE SWIM                      | 50+ SWIM  | LADIES ONLY LAI  | NE SWIM WIDTH         | DTH SWIM           |  | LANE SWIM                | sc               | SCHOOL SWIMMING           | DISABLED<br>SWIM      |                                   |  | - 5                | SWIM SCHOOL               |                          | ADULT LANE SW       | SWIM           | VIM BRAMCOTE<br>SWIM CLUB | THE TRIBE<br>SUB AQUA                                     |            |
|                                       |                           | 2  |                               |                                |   |  |                       |                    |  |                          |                  | GENE                      | ERAL SWIM             |                                   |  |                    |                           |                          |                     | -              |                           |   |            |
|                                       |                           | Splash         AQUA CARE         AQUA FIT         TIMID SWIM         GENERAL SWIM  |                               |                                |   |  |                       | SWIM SC            | SCHOOL SWIMMING DISABLED SWIM FLOAT FUN    |                          |                  | DAT FUN                   | SWIM SCHOOL AQUA FIT  |                                   |  |                    |                           |                          | _                   |                |                           |   |            |
|                                       |                           | Teaching SWIM SCHOOL PARENTS & SS  |                               |                                |   |  |                       | SS                 | SCHOOL SWIMMING                            |                          |                  |                           | SWIM SCHOOL           |                                   |  |                    |                           |                          |                     |                |                           |   |            |
|                                       |                           |  | 6.30 7.                       | 1 1                            | 8.00 8.30 9                                     | 9.00 9.30 1  | 10.00 10.30           | 11.00 13           | 1.30 12.0                                  | 0 12.30                  | 1.00 1.30        | 0 2.00 2.30               | 3.00 3.3              | 30 4.00                           | 4.30 5.0   | .00 5.30           | 6.00 6.3                  | 30 7.C                   | 0 7.30              | 8.00 8.30      | 9.00                      | 9.30 10.00  | 10.30      |
|                                       |                           |  | 6 MEMBERS<br>5 ONLY           |                                |   | _  |                       |                    | _  |                          |                  |                           |                       |                                   |  |                    | JUNIOR<br>SWIM FIT        |                          |                     |                |                           |   |            |
|                                       | δ<br>α                    | Main 4 SWIM LANE SWIM  |                               |                                | SCHO  | SCHOOL SWIMMING WIDTH LANE SWIM                                  |                       |                    | 1  | SCHOOL SWIMMING          |                  |                           | NE SWIM               |                                   |  | BRAMCOTE SWIM CLOB |                           |                          |                     |                |                           |   |            |
|                                       | Ě                         |  |                               |                                |   |  |                       |                    |  |                          |                  |                           | SWIM SCHOOL           |                                   |  |                    |                           |                          |                     |                | _ 1                       |   |            |
|                                       |                           | Splash   |                               |                                | SCHOOL SWIMMING GENERAL SW                      |  |                       | IM SCHOOL SWIMMING |  |                          |                  | SWIM SCHOOL               |                       |                                   |  |                    | _                         |                          |                     | _              |                           |   |            |
|                                       | T                         | Teaching   |                               |                                | SCHOOL SWIMMING SWIM SCHOOL                     |  |                       | IM SCHOOL          | SCHOOL SWIMMING                            |                          |                  |                           | SWIM SCHOOL           |                                   |  |                    |                           |                          |                     |                |                           |   |            |
|                                       |                           | 6.30 7.00 7.30 8.00 8.30 9.00 9.30 10.00 10.30 11.00 11.30 12.00 12.30 1.00  |                               |                                |   |  |                       | 1.00 1.30          | 2.00 2.30                                  | 30 4.00                  | 4.30 5.0         | .00 5.30                  | 6.00 6.3              |                                   |  | 8.00 8.30          | 9.00                      | 9.30 10.00               | 10.30               |                |                           |   |            |
|                                       | ð                         |  | 6 MEMBERS<br>5 ONLY<br>4 SWIM |                                | _   |  |                       | ADU<br>LESSC       |  |                          |                  |                           | DDU/ATE               | LAN                               | NE SWIM  | -                  | ADULT<br>SWIM             |                          | ROXTOWE<br>RIATHLON | LADIES         |                           |   | -          |
|                                       | eso                       | Main   | 3                             | LANE SWIM                      | GENERAL SWIM                                    | SCHOOL   | LSWIMMING             | MIDTH              | CIA/ID A                                   | LANE SWIM                | sc               | HOOL SWIMMING             | PRIVATE<br>HIRE       | CENE                              |  | SWIM SCH           |                           | ADULT<br>LANE            |                     | ONLY<br>SWIM   | BRAMCO<br>SWIM C          |   |            |
| -                                     | <b>6</b><br><b>0</b><br>- |  | 1                             |                                |   |  |                       | WIDTH S            |  |                          |                  |                           |                       | GEINE                             | RAL SWIM   |                    |                           | SWIM                     |                     |                |                           |   |            |
|                                       | >                         | plash  |                               |                                |   | SCHOOL   | LSWIMMING             | ADU<br>LESSO       | ON   | GENERAL SWIM             | 1                | SCHOOL SWIMM              | IING                  | FLC                               | DAT FUN  |                    | SWIM SCHOO                | OL                       |                     |                |                           |   | _ 1        |
|                                       | Т                         | aching   | g                             |                                |   | SCHOOL   | LSWIMMING             |                    | SS   | PARENTS &<br>TODDLERS    | SS               | SCHOOL SWIMN              | IING                  |                                   |  | SWIM SCH           | OOL                       |                          | ADU<br>LESS         |                |                           |   |            |
|                                       |                           |  | 6.30 7.                       | .00 7.30                       | 8.00 8.30 9                                     | 9.00 9.30 1  | 10.00 10.30           | 11.00 13           | 1.30 12.0                                  | 00 12.30                 | 1.00 1.30        | 2.00 2.30                 | 3.00 3.3              | 30 4.00                           | 4.30 5.0   | .00 5.30           | 6.00 6.3                  | 30 7.0                   | 0 7.30              | 8.00 8.30      | 9.00                      | 9.30 10.00  | 10.30      |
|                                       | 2                         |  | 6 MEMBERS<br>5 ONLY<br>4 SWIM |                                |   | AQUA NATAL   |                       |                    | LANE SWIM                                  |                          |                  |                           |                       |                                   | LANE SWIM  |                    |                           |                          | ADULT<br>LESSONS    | ADULT<br>LANE  | BRAMCOTE                  | _   |            |
|                                       | SQC<br>SQC                | Main   | 4 SWIM LANE SWIM 3 2          |                                |   | AND BRING LADIES ONLY PRIVATE HIRE LANE SWIM BABY SWIM LANE SWIM |                       |                    |  |                          | SCHOOL SWIMMING  |                           |                       | SWI                               |  |                    | VIM SCHOOL SWIM SWIM CLUB |                          |                     | _              |                           |   |            |
|                                       | 2 –                       |  | 1                             |                                |   |  |                       |                    |  |                          |                  |                           |                       |                                   |  |                    |                           |                          | TIMID               |                |                           |   | _ <b>†</b> |
|                                       |                           | Splash   |                               |                                | SS PRIVATE HIRE AQUA CARE                       |  |                       |                    |  | SCHOOL SWIMMING          |                  |                           | FLOAT FUN SWIM SCHOOL |                                   |  |                    | ADULT                     |                          |                     |                |                           |   |            |
|                                       | Т                         | Teaching   |                               |                                |   | SWIM SCHOOL  |                       |                    |  |                          | SCHOOL SWIMMING  |                           |                       | SWIM SCHOOL                       |  |                    |                           | LESSONS                  |                     |                |                           |   |            |
|                                       |                           |  | 6.30 7.1                      | L                              | 8.00 8.30 9                                     | 9.00 9.30 1  | 10.00 10.30           | 11.00 1:           | 1.30 12.0                                  | 0 12.30                  | 1.00 1.30        | 2.00 2.30                 | 3.00 3.3              | 30 4.00                           | 4.30 5.0   | .00 5.30           | 6.00 6.3                  | 30 7.0                   | 0 7.30              | 8.00 8.30      | 9.00                      | 9.30 10.00  | 10.30      |
|                                       |                           |  | 5 ONLY<br>4 SWIM              |                                |   | LANE SWIM  | 7                     | DISAB              | BLED                                       | LANE SWIM                |                  |                           | STA                   | AFF                               | LANE   |                    | LAN                       | NE                       | BRAMCOTE            |                | DULT<br>ANE               | -   |            |
|                                       | <u>y</u>                  | Main   | 3                             |                                | GENERAL SWIM                                    |  | - SWIM SCHOO          | SWI                |  |                          |                  | SCHOOL SWIMMING           | TRAII                 |                                   | SWIM   | GENERAL S          | SWI                       |                          | SWIM CLUB           | S              | WIM                       | -   |            |
|                                       | Ĕ _                       |  | 1                             |                                |   |  | _                     | DISAB              | BLED                                       | GENERAL S                |                  |                           | STA                   | \FF                               | C14  |                    |                           | FANAUX                   | CIAUDA              |                |                           |   | _          |
| 1                                     |                           | piasn  |                               | SWIM FIT                       |   | AQUA FIT   | SHULL COLLOO          | SWI                |  |                          |                  | SCHOOL SWIMMING           | TRAII                 | NING                              | 50   |                    |                           | FAMILY                   | 3001101             |                |                           |   |            |
|                                       |                           | aching   | 6 20 7                        | 00 7 20                        | 0.00 0.20 0                                     | 0.00   | SWIM SCHOO            |                    |  | TODDLERS                 |                  | SCHOOL SWIMMING           | TRAINING              | 20 4.00                           | 4.20 54  |                    |                           | 0 70                     | 7.20                | 0.00 0.00      | 0.00                      | 0.20 10.00  | 10.20      |
|                                       |                           |  | 6.30 7.                       | .00 7.30                       | 8.00 8.30 9                                     | 9.00 9.30 1  | 10.00 10.30           | 11.00 1.           | 1.50 12.0                                  | 1 12.30                  | 1.00 1.30        | 0 2.00 2.30               | 5.00 5.               | 50 4.00                           | 4.30 5.0   | .00 5.30           | 6.00 6.3                  | 30 7.0                   | 0 7.30              | 8.00 8.30      | 9.00                      | 9.30 10.00  | 10.30      |
|                                       | ð                         | Main Structure   |                               |                                | LANE SWIM                                       |  | SWIM SCHOOL           |                    |  | GENERAL SWIM             |                  |                           | ADULT                 |                                   |  |                    |                           | AVAILABLE FOR HIRE/GALAS |                     |                |                           |   |            |
|                                       |                           | Main 3 SWIM CLUB   |                               |                                | /IM CLUB  |  |                       |                    |  | -                        |                  | GENERAL SWIN              |                       |                                   | LANE SWIM  |                    |                           |                          |                     |                |                           |   |            |
|                                       | ğ –                       | Splash SWIM SCHOOL   |                               |                                | FAMILY SWIM                                     | FAMILY SWIM SCHOOL   |                       |                    |  |                          | FAMILY FLOAT FUN |                           |                       |                                   | AVAILABLE FOR  |                    |                           |                          |                     |                |                           |   |            |
|                                       | Т                         | aching   | 2                             |                                | SWIM SCHOOL                                     | PARENTS & PARENTS &  |                       |                    |  |                          | SWIM SCHOOL      |                           |                       |                                   | BIRTHDAY PARTIES   |                    |                           |                          |                     |                |                           |   |            |
| -                                     |                           | 6.30         7.00         7.30         8.00         8.30         9.00         9.30         10.00         10.30         11.00         11.30         12.00 |                               |                                |   |  |                       |                    |  |                          | 30 4.00          | 4.30 5.0                  | .00 5.30              | 00 5.30 6.00 6.30 7               |  |                    | 8.00 8.30                 | 9.00                     | 9.30 10.00          | 10.30          |                           |   |            |
|                                       |                           |  | 6                             |                                |   |  |                       |                    |  | 1                        |                  |                           |                       |                                   | I  | -                  |                           |                          | 0 7.30              |                |                           |   |            |
|                                       | Ś                         | Main BRAMCOTE SWIM CLUB  |                               | LANE SWIM                      | LANE SWIM SCHOOL                                |  |                       |                    |  | GENERAL SWIM & SLIDE     |                  |                           |                       |                                   | ADULT<br>TRAINING LANE                                       |                    | BRAMCOTE                  |                          |                     |                |                           |   |            |
|                                       | ğ                         |  |                               | SWINI CLUB                     | _   |  |                       |                    |  |                          |                  |                           |                       | SWIM COUR                         |  |                    |                           | SWIM CLUB                |                     |                |                           | 1   |            |
| 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | <b>_</b>                  | Splash SWIM SCHOOL   |                               |                                | FAMILY SWIM SCHOOL                              |  |                       |                    |  | FAMILY FLOAT FUN TRAININ |                  |                           |                       | NG COURSES TIMID SWIM SWIM SCHOOL |  |                    | SWIM SCHOOL               |                          |                     |                |                           |   |            |
|                                       | 2<br>2                    | pla <u>sh</u>  |                               | Tooching SWIM SCHOOL PARENTS & |   |  |                       | RENTS &            |  |                          |                  | SWIM SCHOOL               |                       |                                   |  |                    |                           |                          |                     |                |                           |   |            |
|                                       | - X<br>-<br>-             | plash<br>aching  |                               |                                | SWIM SCHOOL                                     | PARENTS & P  | PARENTS &             |                    |  |                          |                  |                           | SWIM SCH              | HOOL                              |  |                    |                           |                          |                     |                |                           |   | -          |
| L,                                    | <br>די                    | -  | 3                             |                                | SWIM SCHOOL                                     | PARENTS & P  | PARENTS &<br>TODDLERS | 12 8m v            | 7 3m Pool -                                | 29°C - 30°C              |                  |                           |                       |                                   | inated for Lesson  | s                  |                           |                          | During the          | School Holiday | period the ti             | metable will char   | Ige        |
|                                       | 7<br>T                    | M  | AIN<br>n Pool)                | 25m x 12.8m Po<br>Shallow Wate | SWIM SCHOOL<br>ol - 29°C - 30°C<br>• Depth 1.2m | PARENTS & P  | PARENTS &             | Shallo             | 7.3m Pool -<br>ow Water Dep<br>p Water Dep | pth 1.0m                 |                  | TEACHING<br>(Teaching Poo |                       | Desig<br>12.5m x 7                | gnated for Lessons<br>7.3m Pool - 30°C -<br>h 0.9m / Deep Wa | 31°C               | )m                        |                          | between 9.00        | )am and 5.00pr | n. Please pick            | imetable will char<br>up a Holiday time<br>ite for times. |            |
|                                       | DC I                      | M  | AIN                           | 25m x 12.8m Po                 | SWIM SCHOOL<br>ol - 29°C - 30°C<br>• Depth 1.2m | PARENTS & P  | PARENTS & TODDLERS    | Shallo             |  | pth 1.0m                 | 18               |                           |                       | Desig<br>12.5m x 7                |  | 31°C               | )m                        | Ŧ                        | between 9.00        |                | n. Please pick            | up a Holiday time   |            |