

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 Swim

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.

Parent & Toddler (under 5's)

This is a play session that enables children to have fun and gain water confidence. Ratio: one parent to a maximum of 2 under 5's.

Swim Fit (Splash Pool)

A water based circuit workout with a qualified instructor. All swimming and fitness abilities welcome. Booking is essential as places are limited.

Timid Swim

This is the opportunity to swim widths in the splash pool. The session is aimed at those swimmers just starting out after swimming lesson or who lack confidence in deep water.

Width Swim

Opportunity to swim widths.

Contact Us



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Swimming Programme

School Term Time



	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	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30
Monday	Main	MEMBERS ONLY SWIM	LANE SWIM	50+ SWIM		LADIES ONLY LANE SWIM		WIDTH SWIM		LANE SWIM		SCHOOL SWIMMING			DISABLED SWIM	LANE SWIM		GENERAL SWIM			SWIM SCHOOL			ADULT LANE SWIM		BRAMCOTE SWIM CLUB		THE TRIBE SUB AQUA					
	Splash								AQUA CARE	AQUA FIT	TIMID SWIM	GENERAL SWIM	SCHOOL SWIMMING			DISABLED SWIM	FLOAT FUN		SWIM SCHOOL			AQUA FIT											
	Teaching								SWIM SCHOOL					PARENTS & TODDLERS	SS	SCHOOL SWIMMING			SWIM SCHOOL														
Tuesday	Main	MEMBERS ONLY SWIM	LANE SWIM		SCHOOL SWIMMING				WIDTH SWIM		LANE SWIM		SCHOOL SWIMMING			LANE SWIM		SWIM SCHOOL			JUNIOR SWIM FIT		BRAMCOTE SWIM CLUB										
	Splash								SCHOOL SWIMMING			GENERAL SWIM		SCHOOL SWIMMING			SWIM SCHOOL																
	Teaching								SCHOOL SWIMMING			SWIM SCHOOL		SCHOOL SWIMMING			SWIM SCHOOL																
Wednesday	Main	MEMBERS ONLY SWIM	LANE SWIM	GENERAL SWIM		SCHOOL SWIMMING		ADULT LESSONS		LANE SWIM		SCHOOL SWIMMING			PRIVATE HIRE	LANE SWIM		SWIM SCHOOL		ADULT SWIM FIT		BROXTOWE TRIATHLON CLUB		LADIES ONLY SWIM		BRAMCOTE SWIM CLUB							
	Splash								SCHOOL SWIMMING		ADULT LESSON		GENERAL SWIM		SCHOOL SWIMMING			FLOAT FUN		SWIM SCHOOL													
	Teaching								SCHOOL SWIMMING		SS		PARENTS & TODDLERS	SS	SCHOOL SWIMMING			SWIM SCHOOL												ADULT LESSONS			
Thursday	Main	MEMBERS ONLY SWIM	LANE SWIM		AQUA NATAL AND BRING BABY SWIM		LADIES ONLY LANE SWIM		PRIVATE HIRE		LANE SWIM		SCHOOL SWIMMING			LANE SWIM		SWIM SCHOOL		ADULT LESSONS		ADULT LANE SWIM		BRAMCOTE SWIM CLUB									
	Splash								SS	PRIVATE HIRE		AQUA CARE		SCHOOL SWIMMING			FLOAT FUN		SWIM SCHOOL			TIMID SWIM											
	Teaching								SWIM SCHOOL					SCHOOL SWIMMING			SWIM SCHOOL												ADULT LESSONS				
Friday	Main	MEMBERS ONLY SWIM	LANE SWIM	GENERAL SWIM		LANE SWIM		SWIM SCHOOL		DISABLED SWIM		LANE SWIM		SCHOOL SWIMMING			STAFF TRAINING		LANE SWIM		GENERAL SWIM		LANE SWIM		BRAMCOTE SWIM CLUB		ADULT LANE SWIM						
	Splash	SWIM FIT					AQUA FIT		SWIM SCHOOL		DISABLED SWIM		GENERAL SWIM		SCHOOL SWIMMING			STAFF TRAINING		SWIM SCHOOL			FAMILY SWIM										
	Teaching								SWIM SCHOOL					PARENTS & TODDLERS	SS	SCHOOL SWIMMING			STAFF TRAINING	SWIM SCHOOL													
Saturday	Main	BRAMCOTE SWIM CLUB			LANE SWIM		SWIM SCHOOL					GENERAL SWIM			ADULT LANE SWIM		AVAILABLE FOR HIRE/GALAS																
	Splash	SWIM SCHOOL		FAMILY SWIM		SWIM SCHOOL					FAMILY FLOAT FUN			AVAILABLE FOR BIRTHDAY PARTIES																			
	Teaching	SWIM SCHOOL		PARENTS & TODDLERS	PARENTS & TODDLERS	SWIM SCHOOL																											
Sunday	Main	BRAMCOTE SWIM CLUB			LANE SWIM		SWIM SCHOOL					GENERAL SWIM & SLIDE			ADULT LANE SWIM		TRAINING COURSES		ADULT LANE SWIM		BRAMCOTE SWIM CLUB												
	Splash	SWIM SCHOOL		FAMILY SWIM		SWIM SCHOOL					FAMILY FLOAT FUN			TRAINING COURSES			TIMID SWIM		SWIM SCHOOL														
	Teaching	SWIM SCHOOL		PARENTS & TODDLERS	PARENTS & TODDLERS	SWIM SCHOOL																											

MAIN (Main Pool) 25m x 12.8m Pool - 29°C - 30°C
Shallow Water Depth 1.2m
Deep Water Depth 3.5m

SPLASH (Splash Pool) 12.8m x 7.3m Pool - 29°C - 30°C
Shallow Water Depth 1.0m
Deep Water Depth 1.2m

TEACHING (Teaching Pool) Designated for Lessons
12.5m x 7.3m Pool - 30°C - 31°C
Shallow Water Depth 0.9m / Deep Water Depth 1.0m

During the School Holiday period, the timetable will change between 9.00am and 5.00pm. Please pick up a Holiday timetable from reception or visit our website for times.